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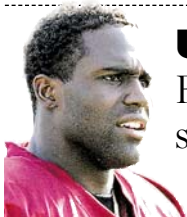
Tuesday



Iraqis march against Saddam's death sentence.

Iraq Concession: Purged Baathists could get jobs back | **8**

Intrepid Stuck: Warship museum mired in river mud | **4**



Unbelievable: Redskins still aren't sure how they beat the Cowboys | **19**

ENTERTAINMENT

New School: Will Ferrell's surprising turn as a romantic lead isn't 'Stranger Than Fiction.' Plus, Death Cab for Cutie.

>> **12-16**



Weather >> Cloudy, Shower



60 | 49

FULL FORECAST ON PAGE 38

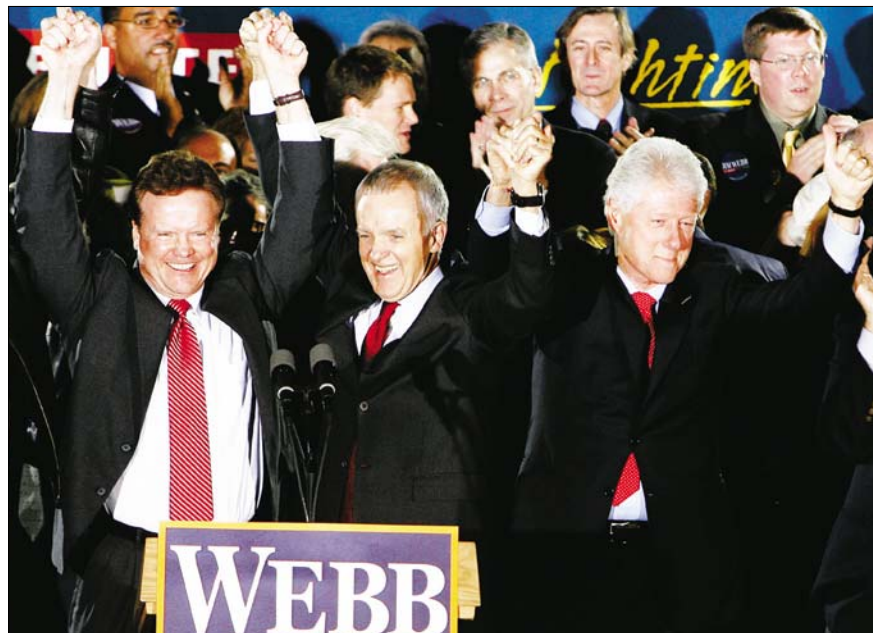


Photo Finish for Allen, Webb

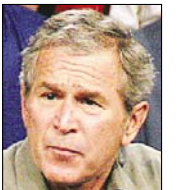
FINAL PUSH: Republican Virginia Sen. George Allen, top, campaigns with football great Deacon Jones, Sen. John Warner and wife Susan Allen, as Democratic challenger Jim Webb, bottom left, shares the stage with former Sen. Bob Kerrey and former President Clinton. Polls show the candidates in a near tie heading into Tuesday's vote. ♣ **In Maryland:** Gore touts Cardin for Senate | **Page 11**

In Closing, House Up For Grabs

GOP, Democrats make their final pitches before elections

WASHINGTON | On the eve of midterm elections, Democrats criticized Republicans as stewards of a stale status quo while President Bush declared, "we're closing strong" in a final drive to preserve GOP control of Congress.

"They can't run anything right," countered former President Clinton, taunting Republicans about the war in Iraq, the aftermath of Hurricane Katrina and even the congressional page scandal.



Bush

Bush campaigned on Monday from Florida to Arkansas and Texas. But the day brought one more reminder of his poor standing in the polls when Republican gubernatorial candidate Charlie Crist skipped the presidential rally in Pensacola, Fla., to make a speech of his own hundreds of miles away. Bush made no mention of the apparent snub in public.

Some late polls suggested momentum was swinging the Republicans' way, and Ken Mehlman, the party chairman, told allies the surveys summoned memories of 1998, when the GOP lost seats but held power.

Democrats steadfastly refused to say so in public, but some Republicans signaled privately they expected to lose more than 15 seats, and control of the House with them. DAVID ESPO (AP)

♣ **Twilight presidency:** Bush faces a tough road in his final two years no matter who wins | **Page 3**

HALLOWEEN | Ghouls' Gold A Tinley Park, Ill., mother is trying to find the owner of a wedding band that ended up in her child's trick-or-treating bag on Halloween, KIRO-TV reported. Cindy Pappas said she dumped out her children's candy to in-



spect it before letting them eat it. While looking for unwrapped or suspicious candy, she found a shiny gold and diamond band. She later called police to report the band. "It was the right thing to do," officer Ken Karczewski said. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

GOVERNMENT SERVICES

Post Office Benefits Already Cut Back

Pearlie Sutton of Middlesboro, Ky., didn't know what to make of a letter from the Social Security Administration informing her that her benefits would be cut back — nine years ago. The 81-year-old woman received the letter last week, unopened and not tampered with, even though it was dated 1997. The letter informed Sutton there had been a mistake in the amount of Social Security she should be receiving and that some would be deducted for a year until the over-age was repaid. Sutton says she's unsure how or when Social Security will respond to her inquiries about the letter, given that the letter set a 60-day time limit to object to the withholdings. (AP)



CANDIDATES

She's Against The Death Tax

A slick new campaign mailer shows a smiling Houston state representative and reminds voters of her many notable achievements in education, economics and politics. The ad doesn't say Republican Glenda Dawson died in September. Dawson's campaign continues; campaign officials hope she will win re-election for a two-year term over the Democratic challenger. If she wins, Gov. Rick Perry will call a special election to fill the vacancy. Dawson's daughter mailed out a letter two weeks ago noting her mother's death and asking voters to continue to support the campaign. (AP)



VADIM GHIRDA/AP

SQUIRRELS

Up to Its Ears in Nuts

If you have any information about possible nut donations, this squirrel is all ears. The rodent handled a nut received from a child in a park in Bucharest on Monday, suggesting that, perhaps, Romanian youth could benefit from a more robust education in rabies prevention. (EXPRESS)



What you don't see is, there's an invisible man stealing money from this ATM.

MAGIC

Next Time, Teleport Into the Vault

A man robbed a bank in Tehran after being convinced that a sorcerer had made him invisible, the Jam-e Jam newspaper reported. The man had entered the bank and started taking money from customers, who quickly overpowered him. He told police he had paid \$550 to a wizard who gave him charms he was to tie to his arm. The sorcerer told him doing so would make him invisible. (EXPRESS)

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TELE-CAMPAIGNING: A Republican organization agreed to stop making automated phone calls to New Hampshire residents on the federal do-not-call list. Under state law, campaigns can contact people on the do-not-call list, but cannot use automated recordings.

Nation

In Brief



Smoke rises from the Gatorland entrance after a blaze early on Monday.

ORLANDO, FLA.

Fire Leaves Gatorland Badly Damaged, Animals Killed

A fire early Monday destroyed a section of Gatorland, one of Florida's oldest tourist attractions, and killed three pythons and crocodiles. The blaze badly damaged the gift shop, entrance and some administrative offices. Two 8-foot-long pythons kept in a holding pen near the gift shop died in the blaze, as did a 5-foot crocodile, said Gatorland officials. (AP)

WASHINGTON

First HIV Gene Therapy Test Yields Encouraging Results

The first test of a potential new gene therapy for HIV, the virus that causes AIDS, was encouraging enough for researchers to launch a more extensive trial. In addition to showing that the treatment was possible and didn't endanger the patients, the amount of virus in the subjects remained steady or decreased during the study, which involved just five people with chronic HIV infection. (AP)

Bush's Troubles Won't End Tuesday

The president faces a rough road in the last two years of his term

WASHINGTON | Running out of time and influence, President Bush faces a rough road in the twilight of his presidency regardless of who controls Congress.

The once-unshakable loyalty of congressional Republicans is weakening. After marching in lockstep with the White House for six years, GOP lawmakers are looking at the political calendar and thinking about their own futures rather than Bush's legacy in his last two years in office.

Republicans are in a sour mood, scarred by corruption scandals, held in low esteem by voters and divided over issues from deficit spending to immigration reform. With the end of the midterm elections and the open-



President Bush, left, and Arkansas gubernatorial candidate Asa Hutchinson examine a University of Arkansas hog hat at a rally in Highfill, Ark., on Monday.

ing of the 2008 presidential race, Republicans as well as Democrats will be telling the country how they would do things differently. Already

a huge headache, the Iraq war hangs over Bush as the dominant issue for the remainder of his presidency.

If Democrats should take the

Crisis of Confidence

→ A new study shows Americans have lost faith in the people who lead their federal, state and local governments. | **Today, A Section**

IN The Washington Post

House or Senate, Bush's problems would only get worse.

Shut out of power for a dozen years and bitter at Bush for ignoring them, Democrats would demand a role in setting the nation's agenda. Pressuring Bush on Iraq, Democrats would have subpoena powers to investigate the president's conduct of the war.

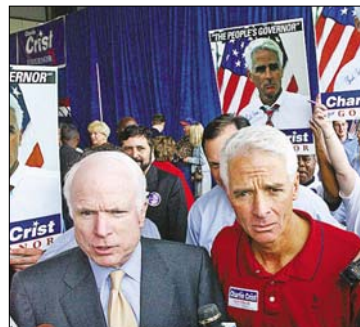
The White House also could get snarled in investigations of issues ranging from Vice President Dick Cheney's secret energy policy deliberations to White House links with Republican corruption scandals.

TERENCE HUNT (AP)

GOP Candidate Snubs Bush Visit

PENSACOLA, FLA. | The White House flashed its irritation at a Republican gubernatorial candidate in Florida who chose not to appear at an event on Monday with President Bush.

Republican candidate Charlie Crist's absence shadowed the event in the Florida Panhandle. Crist said he considered the Pensacola area so firmly in his camp that it made more sense to campaign elsewhere as the race tightened to replace out-



Sen. John McCain campaigns with candidate Charlie Crist in Pensacola, Fla.

going Gov. Jeb Bush.

White House Deputy Chief of Staff Karl Rove, the president's top political strategist, mockingly questioned what kind of alternate rally Crist could put together that would rival the expected 10,000-person crowd that Bush was expected to draw at the Pensacola Civic Center. The total attendance was several thousand less.

"Let's see how many people show up in Palm Beach on 24 hours notice versus 8 or 9,000 people in Pensacola," Rove said. (AP)

Cpl. Pleads Guilty To Iraqi Assault

CAMP PENDLETON, CALIF. | A Marine pleaded guilty Monday to aggravated assault and conspiracy to obstruct justice in the case of an Iraqi civilian who other servicemen said was kidnapped and killed by members of the squad.

Lance Cpl. Tyler A. Jackson, 23, pleaded not guilty to murder, kidnapping, larceny, housebreaking and another charge of conspiracy. (AP)

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Nation

70

The percentage of dieters who follow their own diet plans and have no interest in seeking a doctor's help to lose weight. Many turn to fad diets, despite warnings against dropping weight quickly.

Ship Museum Move Stalls

WWII aircraft carrier gets stuck in Hudson River mud during move

NEW YORK | The USS Intrepid, the aircraft carrier that survived World War II bomb and kamikaze attacks, got stuck in the mud in the Hudson River on Monday as a fleet of tugboats tried to pull it from its berth for a \$60 million renovation project.

The ship — a huge floating military museum that draws hundreds of thousands of tourists a year — was supposed to be towed across the river to a dry dock in Bayonne, N.J.

Six tugs pulled with a combined 30,000 horsepower but moved the Intrepid only about 15 feet. Not even an unusually high tide could free the 27,000-ton, 872-foot-long ship from the ooze.

Bill White, president of the Intrepid Sea, Air & Space Museum, said he was unsure whether officials would try again to move the ship, or refurbish the carrier where it sits.

The Intrepid has been moored at a pier on Manhattan's West Side



A fleet of tugboats tries to free the USS Intrepid aircraft carrier from its muddy footing at Pier 86 on Manhattan's West Side in New York on Monday.

for 24 years, during which time silt accumulated as much as 17 feet deep around its keel. The decommissioned ship no longer has engines, but it does still have its four propellers, each about 15 feet in diameter, and they got stuck in the mud.

The Intrepid, launched in 1943, helped bring about the

naval defeat of Japan. It suffered seven bomb attacks, five kamikaze strikes and one torpedo hit, losing 270 crewmen. It also served during the Korean and Vietnam wars and was used to recover Mercury and Gemini astronauts after their space capsules splashed down at sea.

PAT MILTON (AP)

Poll: N.J. Split on Gay Marriages

TRENTON, N.J. | While half of New Jersey voters agree with the state Supreme Court that homosexual couples should receive the same rights as heterosexuals, just one in four thinks same-sex unions should be called marriages, according to a new poll.

"People in New Jersey are very supportive of equal rights, but the

concept of marriage is more complicated," said Mickey Blum, whose firm, Blum & Weprin Associates, performed the telephone survey for the Star-Ledger of Newark.

Fifty percent support the high court's recent ruling that granted same-sex couples equal rights but gave the Legislature 180 days to define those rights. Overall, 23 percent of respondents favored allowing homosexuals to marry in New Jersey. (AP)

HEARSAY | BYGONES

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MERCURY GAZING: An infrequent astronomical sight — tiny Mercury inching across the surface of the sun — takes place Wednesday afternoon in North America. Mercury is so tiny and looking at the sun is so dangerous to the eyes that viewing must be done with a properly outfitted telescope.

Nation

Incumbents Hold GOP Senate Hope

The fate of endangered Republicans threatens leverage in Congress

WASHINGTON | The fate of a clutch of endangered Republican incumbents, including some from states that heavily supported President Bush two years ago, will determine who controls the Senate for the rest of the Bush presidency. Both parties are spending millions of dollars in last-ditch efforts to influence those contests.

By contrast, few Democratic incumbents are in danger this year. Nearly every Democratic senator seeking re-election seems assured of another term, polls suggest. Not so with Republicans.

Facing difficult re-election battles are Republican Sens. Conrad Burns of Montana, George Allen of Virginia, Mike DeWine of Ohio, Rick Santorum of Pennsylvania, Jim Talent of Missouri and Lincoln Chafee of Rhode Island.



Sen. Lincoln Chafee, R-R.I., greets Barry Bullock, left, and Dennis Hughes at a senior center in South Kingstown, R.I., on Monday during a campaign stop.

Furthermore, Republicans face a strong challenge in Tennessee for the now-GOP seat held by retiring Senate Majority Leader Bill Frist.

Democrats also were hopeful for an upset victory over Arizona

Republican Sen. Jon Kyl, where polls have shown a tightening contest in recent days between the incumbent and former state Democratic Party chairman Jim Pederson, a shopping mall developer.

Democrats need a gain of six seats to win back the Senate, which they last controlled in 2002. Republicans now control 55 seats in the 100-member chamber.

Republicans are facing headwinds that include an increasingly unpopular war in Iraq, a president with low approval ratings, voter disgust over a slew of congressional scandals and the historic pattern of midterm losses in the sixth year for the party holding the White House.

Republicans picked up Senate seats in both the 2002 and 2004 elections. But strategists in both parties expect Democratic gains on Tuesday. Even if Democrats don't reclaim the Senate, they are clearly within striking distance.

And any pickup will increase their leverage in a chamber where strict rules dictate that 60 votes, rather than a simple 51-vote majority, are needed to advance any controversial piece of legislation or nomination.

TOM RAUM (AP)

Data Show High Rate of Injuries On School Buses

CHICAGO | New national data show school bus-related accidents send 17,000 U.S. children to emergency rooms each year, more than double the number in previous estimates that only included crashes.

Nearly one-fourth of the accidents occur when children are boarding or leaving school buses, while crashes account for 42 percent, the new research shows.

Slips and falls on buses, getting jostled when buses stop or turn suddenly, and injuries from roughhousing are among other ways children get hurt on school buses, the data found. Injuries range from cuts and sprains to broken bones, but most are not life-threatening and don't require hospitalization.

The researchers said the results provide a strong argument for requiring safety belts on school buses, something industry groups say is unnecessary and is more than many school districts can afford. (AP)

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World



REAL MEAL: Japan is set to shame "fake" Japanese restaurants abroad under a certification system that will judge for authenticity, officials said. The government tapped a panel of experts to work out details of the system, which will also promote Japanese cuisine.

In Brief



Workers in Kinshasa, Congo, compile results of the runoff vote on Monday.

KINSHASA, CONGO

Early Returns Show Kabila With Strong Lead in Runoff

Congo's president maintained a sizable lead Monday over the former rebel leader challenging his seat in a historic runoff election, according to the latest results released by the electoral commission. The tally of about 1.8 million ballots out of 25 million registered voters had President Joseph Kabila well ahead with 70 percent of the vote, compared with 30 percent for Vice President Jean-Pierre Bemba. (AP)

LONDON

Al-Qaeda Figure Faces Life Sentence for Terror Plots

One of the top al-Qaeda operatives known to have been captured in Britain made detailed plans to bomb the New York Stock Exchange and plotted a series of murderous attacks on London, prosecutors said at the suspect's sentencing hearing Monday. Dhiren Barot, 34, pleaded guilty last month to conspiring to commit mass murder in terrorist plots. He faces a life sentence in Britain but he is also wanted in the U.S. and Yemen on separate terror-related charges. (AP)

MEXICO CITY

Small Bombs Explode at Court, Bank, Political Office

Mexican officials called for calm Monday after homemade bombs blew up at the top electoral court, a bank and the former ruling party's headquarters, rattling nerves in a country racked by protests since the polarizing July 2 presidential elections. There were no injuries and no immediate claims of responsibility for the blasts. (AP)

Iraqi Law May Reinstate Baathists

Former members of banned party could get their jobs back

BAGHDAD, IRAQ | A day after Saddam Hussein was sentenced to hang, the country's Shiite-dominated government offered a major concession Monday to his Sunni backers that could see thousands of purged Baath Party members reinstated in their jobs.

With a tight curfew holding down violence after Saddam's guilty verdict and death sentence, the government reached out to disaffected Sunnis in hopes of enticing them away from the insurgency, which has killed tens of thousands of Iraqis and is responsible for the vast majority of U.S. casualties.

The U.S. military announced the deaths of five more American troops, two in a helicopter crash north of Baghdad and three in fighting west of the capital.

Relentless sectarian killings also persisted despite the extraordinary security precautions, which eased



DIVIDING LINES: A man holds a photo of ousted leader Saddam Hussein as Iraqis in Samarra protest a court decision to give the ex-president the death sentence.

late Monday. Fifty-nine bodies were discovered Sunday and Monday across Iraq, police officials said.

The U.S. dissolved and banned the Baath Party in May 2003, a month after toppling Saddam. The U.S. later softened its stance,

inviting former high-level officers from the disbanded military to join the security forces.

The former top U.S. administrator in Iraq, L. Paul Bremer, also allowed thousands of teachers who were Baathists to return to work.

U.S. ENVOY MAY QUIT SOON

→ **Zalmay Khalilzad** is likely to quit his post as U.S. ambassador in Baghdad in the coming months, a senior Bush administration official said Monday. Khalilzad's departure has been rumored for months, but he has not turned in his resignation, the State Department official said, speaking on condition of anonymity.

→ **Other U.S.** officials have said Khalilzad will probably return to an academic or private sector job in the U.S. (AP)

Monday's political concession to the Sunnis was detailed by a government organization that had been charged with removing Saddam loyalists from state institutions.

Under a draft law, which the Shiite-dominated parliament must approve, the organization now plans to amend its rules to enable thousands of former Baath Party members to win back their jobs. BASSEM MROUE (AP)

U.N. Reports New Attacks on Civilians in Darfur

UNITED NATIONS | Arab nomads have launched violent attacks on civilians near a refugee camp in the southern Darfur region of Sudan in recent days, killing one man and injuring several others, the U.N. said Monday.

The attacks came after the U.N. issued a report Friday accusing the government-allied Janjaweed mili-

tia of killing more than 50 people in raids on villages and a refugee camp in late October. The Sudanese government has denied involvement in the raids.

Among the latest attacks, the U.N. mission in Sudan said several armed Arab nomads in military uniform attacked and killed a farmer on Friday about two miles south of the Kalma refugee camp, which is home to about 90,000 people.

A day earlier, about 18 armed Arab nomads attacked four farmers several miles south of the camp, the U.N. mission said. (AP)

Palestinian Leaders Grapple With Accord

GAZA CITY, GAZA STRIP | The Palestinian president and prime minister, heading rival movements, on Monday failed again to agree on a joint government that might lead to lifting Western sanctions that have bankrupted their administration — but they planned to keep trying.

President Mahmoud Abbas, a moderate, and Prime Minister Ismail Haniyeh of Hamas met in Gaza for more than two hours, but officials said the talks ended with no accord on a national unity government made up of independent experts. Both sides said talks would continue Tuesday; they would not say what issues remain open.

Mustafa Barghouti, an independent politician playing a key role in the talks, called the meeting "fruitful." He said, "There was agreement



President Mahmoud Abbas met with Prime Minister Ismail Haniyeh Monday.

on some issues, but some issues still need to be discussed."

The talks came as fighting in northern Gaza heated up on the sixth day of an Israeli offensive. At least seven Palestinians were killed, including a suicide bomber.

Islamic Jihad released a video of the bomber, identified as Mirvat Masoud, after she blew herself up, wounding an Israeli soldier. (AP)

HEARSAY | SHIFTING VIEWS



"[M]odernity and globalization are not an imperialist invention. They are realities and it is up to us to turn them into opportunities."

— **CHILEAN PRESIDENT MICHELLE BACHELET** SPEAKING MONDAY TO SOCIALIST INTERNATIONAL, AN UMBRELLA ORGANIZATION FOR SOCIALIST PARTIES FROM AROUND THE WORLD.

World



Backers of Nicaraguan presidential candidate Daniel Ortega celebrate on Monday.

Ortega Poised for Election Victory

Ex-Nicaraguan leader appears headed back to country's presidency

MANAGUA, NICARAGUA | Daniel Ortega, the revolutionary Marxist who battled a U.S.-backed Contra insurgency in the 1980s, was rising once again to Nicaragua's presidency, appearing Monday to have defeated four opponents with promises that he was a changed man.

Electoral officials had yet to release final results from Sunday's vote, but preliminary results and two of the country's top electoral watchdog groups all gave Ortega about 40 percent of the vote.

That was more than enough to avoid a tough runoff against Harvard-educated banker Eduardo Montealegre, who trailed by at least 7 percentage points.

Former Contra rebel and last-place presidential candidate Eden Pastora acknowledged defeat

Monday, but the other three candidates refused to recognize Ortega's victory, saying they would wait until all the votes had been counted.

The U.S., which has threatened to pull aid from an Ortega government, also said it was too soon to declare the Sandinista leader a winner.

"This isn't over until the last vote has been counted," Montealegre said.

If Ortega's victory is confirmed, the Cold War icon would join a growing number of leftist Latin American rulers led by Venezuela's Hugo Chavez, who has tried to help his Nicaraguan ally by shipping discounted oil to the poor, energy-starved nation.

Ortega, who served as president from 1985-90, toned down his once fiery rhetoric during the campaign, promising to support the Central American Free Trade Agreement and even maintain good relations with Washington. TRACI CARL (AP)

Suspected Hackers Arrested in Chile

SANTIAGO, CHILE | Chilean police arrested four suspected computer hackers on Monday, accusing them of being part of an international group that has broken into thousands of government Web sites.

Police chief Gerardo Raventos said the group was responsible for

"infiltrating" more than 8,000 sites, including some run by the governments of Argentina, Bolivia, Turkey, the U.S. and Venezuela. Raventos said the suspects were members of a group he identified as the "Byond" hackers team, and had been under investigation for months. (AP)



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Money



TUBE TOP: Video sharing Web site YouTube beat out a vaccine that prevents a cancer-causing sexually transmitted disease and a shirt that simulates a hug to grab top honors as Time magazine's "Invention of the Year for 2006."

XM Radio Posts Narrower 3Q Loss

NEW YORK | XM Satellite Radio Holdings Inc. reported a narrower third-quarter loss Monday and said it was on track to turn a profit in the fourth quarter. The improved results, which followed

several quarters of bad surprises, sent XM's shares sharply higher.

XM, which is locked in a fierce competition for listeners with Sirius Satellite Radio Inc., lost \$85.5 million, or 32 cents a share, in the three

months ending in September.

The loss was well below the 46 cents per share that analysts had been expecting.

Revenues also beat analysts' expectations, rising 57 percent to \$240.4 million, compared with estimates of \$235.3 million. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
FourSH g	82.50	+18.63	+29.2
ElkCorp	31.71	+6.53	+25.9
OSI Rest	39.75	+7.32	+22.6
KMG Am	8.51	+.91	+12.0
ColumEqT	18.80	+1.89	+11.2

Losers

MyersInd	15.51	-1.72	-10.0
Kinross g	12.01	-1.25	-9.4
TXU Cp s	58.31	-4.94	-7.8
EstANG	26.31	-1.66	-5.9
AmStsWtr	39.15	-1.75	-4.3

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Phazar	7.25	+2.58	+55.2
Kos Pharm	77.06	+26.97	+53.8
SwiftTrn	29.84	+5.79	+24.1
Micrvsn	3.24	+.59	+22.3
lomai n	5.47	+.27	+5.2

Losers

AdolorCp	7.69	-6.25	-44.8
Overstk	14.59	-3.19	-17.9
Polydex	6.56	-1.05	-13.8
Napco s	5.38	-.80	-12.9
Rockford	2.45	-.35	-12.5

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.96	4.98
2-year	4.81	4.75
10-year	4.70	4.68
30-year	4.79	4.80

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5272	.5260	.5711
Canadian Dollar	1.1291	1.1294	1.1834
European Euro	.7862	.7864	.8460
Japanese Yen	118.29	118.01	118.24
Mexican Peso	10.8247	10.7997	10.7190
Taiwanese Dollar	32.96	32.93	33.65

DOW	NASDAQ	S&P 500
+119.51	+35.16	+15.48
+1.00	+1.51	+1.13
12105.55	2365.95	1379.78

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	75.11	+.24	-4.8
Amylin	44.68	+1.17	+11.9
BiogenIdc	48.41	+.89	+6.9
Celgene s	52.67	+1.02	+62.6
ChRvLab	42.60	-.40	+.5
GenProbe	49.30	+.76	+1.0
Genentch	81.27	+.20	-12.1
Genzyme	67.05	+.87	-5.3
GileadSci	68.82	+.96	+30.9
Imclone	31.17	+.13	-9.0
Invitrogn	57.15	+.36	-14.2
Medlmun	32.38	+.80	-7.5
MillPhar	11.62	+.02	+19.8
QIAGEN	15.79	+.26	+34.4
VertxPh	40.27	+.71	+45.5

Four Seasons Weighs \$3.7B Bid

Companies backed by Gates, Saudi prince part of hotel chain deal

TORONTO | Companies owned by Bill Gates and a Saudi prince announced Monday they had joined forces with the founder and CEO of Canadian hotel giant Four Seasons in a bid to take the company private for \$3.7 billion, or \$82 per share in cash.

The offer was made by Four Seasons chairman and CEO Isadore Sharp — who founded the company in 1960 with one small hotel in downtown Toronto, and Triples Holdings Limited, the controlling shareholder, along with Kingdom Hotels International and Gates' Cascade Investment LLC.

Kingdom Hotels is owned by a trust created by Prince Alwaleed Bin Talal Al Saud, believed to be the wealthiest businessman in the Muslim world. A nephew of the late King Fahd, Prince Alwaleed is worth more than \$20 billion, according to Forbes magazine.

The Toronto-based company said it has set up a special committee of independent directors to consider the offer and make recommendations.



The Toronto-based Four Seasons chain operates 71 hotels in 31 countries.

Gates and Prince Alwaleed "share my long-term vision and commitment to this company," Sharp said, and the deal provides a significant premium to minority shareholders as well as "continuity and stability for our hotel owners, customers and employees for the long term."

The hotel chain currently has 71 hotels in 31 countries and more than 25 properties under development. BETH DUFF-BROWN (AP)



Have You Ever Experienced a Traumatic Event?

Have you:

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- Had a serious accident?
- Felt your life was in danger?

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- Avoiding people or places
- Feeling anxious or jumpy

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Google Set to Broker Newspaper Ad Space

MOUNTAIN VIEW, CALIF. | Google Inc. plans to start selling advertising space in 50 top U.S. newspapers, expanding the Internet search engine's efforts to provide services off the Web and making it easier for companies advertising online to also show off their products in print.

A group of more than 100 Google advertisers will be able to place bids for space in newspapers owned by the New York Times Company, Gannett, the Tribune Company, the Washington Post Company and Hearst during a three-month

test period, according to news reports.

Many newspaper executives see the proposed system as a way to increase sales as they struggle with reader defection and competition from online advertising. The move also positions Google — already the biggest seller of online advertising — to gain more customers during its pursuit of print, radio and television advertising.

Google will not earn any revenue during the test, but when the system is formally introduced next year, it will take a cut. (AP)



TECH ELECT: Using four laptops Monday, Taylor Elementary School became the first in Arlington, Va., to switch from paper ballots to electronic voting for student council elections. Turnout was nearly 100 percent, The Washington Post reported.

Local

Allen, Webb Cross Va. in Tight Race

Allen urges supporters to vote; Webb predicts big Democratic victory

VIENNA, VA. | U.S. Sen. George Allen appealed for votes Monday while Democratic challenger Jim Webb said the White House would wake up to an Election Day surprise as the close and fiercely contested Senate race entered its final hours.

Webb and Allen started at opposite sides of the state but their campaigns were to bring them to Hampton Roads and Richmond by day's end.

In Northern Virginia, Allen greeted morning commuters at the Vienna Metro station, but was immediately mobbed by reporters, as well as supporters and protesters whose shouting matches nearly drowned out his words.



A supporter of challenger Jim Webb holds up his sign in the middle of a campaign stop for U.S. Sen. George Allen at the Vienna Metro station Monday in Vienna, Va.

Allen urged supporters to turn out Tuesday and give him the edge in a race the polls suggested is knotted. "The world is controlled by those who show up," he said.

Among those in the crowd was anti-war activist Cindy Sheehan, who said she came to support peace candidates — including Webb.

In Roanoke, about 150 supporters packed a firehouse to cheer on Webb, who made his final campaign swing with Gov. Timothy Kaine and former Gov. Mark R. Warner, both popular Democrats.

"On Wednesday morning, the White House is going wake up and look across at the Capitol dome and say, 'We got a problem,'" Webb said.

MATTHEW BARAKAT (AP)

State's man: Allen asks voters to reward him for more than 20 years in Virginia politics. **Today's Post, Metro**

Steele Hopes to Top Expectations In Home County

SUITLAND, MD. | Republican Michael Steele wore blue jeans and looked relaxed as he greeted commuters at a Prince George's County subway station Monday evening.

He tried to persuade a few black voters passing by to choose him, telling them not to focus on what party he's from.

Steele said he hoped to do better than 25 percent in his home county.

Not everyone, though, was sold. Some jeered Steele during his appearance. One of them, electrical designer Zavia Booth of Clinton, called Steele "Black Bush."

Booth, who is black, said Steele wants her to vote for him "just because he's black." She says she plans to vote for Steele's Democratic opponent, Ben Cardin. (AP)

Former V.P. Gore Hits Stump for Ben Cardin

Tells crowd to create a Congress that will be a check on president

SILVER SPRING, MD. | Democrats brought former Vice President Al Gore to the state Monday to boost the candidacy of their U.S. Senate candidate, Ben Cardin, struggling to hold on to a seat in danger of slipping into Republican hands.

Cardin, a 20-year House member, was in a tight race with Republican Lt. Gov. Michael Steele for a vacant seat that Democrats badly need to win to have any chance to take control of the Senate.

Gore urged a crowd at a retirement home to vote Democratic to show independence from President Bush.

"The basic problem with America ... is that the Congress has completely and totally failed to do its job in holding the president accountable," Gore



Ben Cardin, left, Martin O'Malley, center, and Al Gore campaign on Monday.

said at Leisure World in the voter-rich county, a spot that has become a routine venue for politicians.

Cardin also targeted Washington insiders. "It's about taking back our country," he said.

The latest polls show Cardin's early lead for the seat of retiring Sen. Paul Sarbanes is evaporating.

TOM STUCKEY (AP)



BY THE NUMBERS: A D.C. activist expects an e-mail asking voters to write in "One Ward" instead of voting for council member Jim Graham to reach 3,000 people.

The Lotteries

Monday, November 6

DISTRICT	
Mid-day Lucky Numbers	3-5-6
Evening Lucky Numbers	8-5-7
Mid-day DC 4	1-5-1-1
Evening DC 4	7-4-9-3
Rolling Cash Five	11-20-4-13-19
Daily 6	34-1-32-31-9-18 (27)

MARYLAND	
Mid-day Pick 3	3-5-6
Evening Pick 3	0-5-3
Mid-day Pick 4	1-5-1-1
Evening Pick 4	2-7-0-6
Match 5	10-20-28-38-39 (31)

VIRGINIA	
Mid-day Pick 3	4-9-2
Mid-day Pick 4	5-9-5-7
Mid-day Cash 5	13-17-19-33-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Judge Rejects Absentee Extensions

COLLEGE PARK, MD. | The American Civil Liberties Union failed to persuade a Circuit Court judge Monday to extend by 24 hours the deadline for voters to mail their absentee ballots to local election boards.

The suit filed by the ACLU and other parties alleged that some voters

would be disenfranchised because their requests for absentee ballots were not processed by boards in time for voters to receive them. (AP)

Tally fitness: Election officials want to avoid repeat of September's polling problems. **Today's Post, Metro**

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Home sweet home: Maryland candidates return to their hometowns and address crowds of loyal supporters for last appeal to their bases. **Today's Post, Metro**

Entertainment



ROSEBUD RETURNS: Orson Welles is back 21 years after his death thanks to two biographies, "What Ever Happened to Orson Welles?" and "Hello Americans," the second volume of Simon Callow's three-book series on the actor and auteur.



A NEW RIFF: Will Ferrell drops the wild-man routine and searches for love in the new dramedy flick "Stranger Than Fiction."

A Clown's Tears

Will Ferrell gets dramatic, romantic in 'Stranger Than Fiction'

MOVIES | Will Ferrell, 39, has made a career out of surprising people with his offbeat sense of humor. From the characters he created during seven seasons on "Saturday Night Live" to his performances in "Old School," "Elf," "Wedding

Crashers," "Kicking & Screaming" and "Talladega Nights: The Ballad of Ricky Bobby," Ferrell has become one of Hollywood's kings of comedy. Now, Ferrell is venturing beyond broad comedy and into something a little more dramatic and romantic.

In "Stranger Than Fiction," he plays Harold Crick, a lonely IRS agent who discovers he is a character in a novel-in-progress. The

writer, best-selling author Kay Eiffel (Emma Thompson), always kills off her main characters by the end of her books. And, sure enough, Kay's voice rings inside Harold's head as she narrates his life and hints at his upcoming demise.

In an effort to track down the author and convince her to change her ending, Harold enlists the aid of literary theorist Jules Hilbert (Dustin Hoffman). With the quirky

professor's help, Harold attempts to change his destiny by turning his personal tragedy into a romantic comedy. In the meantime, he finds himself falling in love with an anarchist baker (Maggie Gyllenhaal) he's been assigned to audit. But as his life begins to have more meaning, Harold fears his happiness may be short-lived.

He didn't have to learn any special skills for "Stranger Than Fiction" — like the race car driving he had to do for "Talladega Nights" or the ice skating he did for his upcoming "Blades of Glory." Still, Ferrell wanted to hang out at an IRS office for a while and anonymously observe the goings on, but was politely denied access.

Not content to sit by the phone waiting for Hollywood to call, Ferrell and director Adam McKay, with whom he collaborated on "Talladega Nights" and "Anchorman: The Legend of Ron Burgundy," have formed a production company. They recently optioned a comedy called "Stepfather," which they will likely only produce. Coincidentally, Ferrell is attached to co-write and star in a comedy called "Stepbrothers" with his "Talladega Nights" co-star John C. Reilly.

Though he is excited to have exercised his dramatic skills in "Stranger Than Fiction," Ferrell is not abandoning comedy. "The next two projects I'm working on are back to the kind of pure comedy again," he said. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Fametracker: Is It Any Wonder?

Fametracker.com rates celebrity status, inanimate objects

WEB | Fametracker.com, which calls itself the "The Farmer's Almanac of Celebrity Worth," dissects the ever-fluctuating fortunes of the famous with the kind of methodology that compares "Napoleon Dynamite" star Jon Heder with car stereos.

"How useful would Jon Heder be to you in rush-hour traffic?" won-

ders the site's co-founder Tara Ariano (aka Wing Chun).

Ariano, her husband, David Cole, ("Glark") and Adam Sternbergh founded Fametracker in 1999, and it has grown into a brand of its own. Last year, it published a guide to character actors, "Hey! It's That Guy!"

Identifying those vaguely familiar faces is one of the site's standard features, as is "Celebrity vs. Thing," which pits stars like Heder ("the human equivalent of YouTube")



"Napoleon Dynamite" star Jon Heder is less valuable than a car stereo.

against less animate objects.

Though Heder loses out, in another entry, actress Laura Linney rates better than a toaster oven.

Fametracker also regularly presents "The Fame Audit," which boils down a star's career to a balance sheet of assets and liabilities.

While the most obvious measure of fame — the paycheck — will continue to rule Hollywood, Fametracker's approach is a nice variation of the old game of celebrity stock watch. JAKE COYLE (AP)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT



FEAR FACTORY, SUFFOCATION, HYPOCRISY & DECAPITATION Vote for Death

1 Want to get away from the fear factory and hypocrisy that is the midterm election? These four death-metal bands will be casting their ballots in favor of all sorts of gory results.

→ Jaxx, 6355 Rolling Rd., West Springfield, Va.; 7:30 p.m. doors, \$27; 703-569-5940.

ELECTION NIGHT Voter Draws

2 Watching election results unfold in a Washington, D.C., bar is like going to a sporting event in other cities. Chocolate City, you're a strange place. Gather with other political types, including plenty of congressional staffers wondering whether they'll have jobs come Wednesday.

→ Capitol Lounge, 231 Pennsylvania Ave. SE; free; 202-547-2098. (Capitol South)

ROBERT FROST Educational Poetry

3 Robert Frost somehow found time to write timeless poems like "The Road Not Taken" and "Stopping by Woods on a Snowy Evening" even though



he and his wife homeschooled their four kids in readin', writin' and arithmetic. Frost's granddaughter Lesley

Lee Francis talks about the close-knit family's time on its farm in Derry, N.H., and how it influenced his poetry.

→ S. Dillon Ripley Center, 1100 Jefferson Drive SW; 6:30 p.m., \$25, or \$15 for members; 202-357-3030. (Smithsonian)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



BRING ON THE MAJOR LEAGUES: Death Cab for Cutie has grown bigger and older.

Sound of Settling

Death Cab for Cutie makes the indie-to-major jump look easy

MUSIC | After years of being the poster boys for gloomy, literate, melodic emo, Death Cab for Cutie has made the jump from the cozy Barsuk label to the behemoth Atlantic. With "Plans," its most moving and grandiose work yet, it's clear that the majors flatter this hard-working Seattle-based quartet. Express spoke with bassist Nick Harmer in advance of the band's Constitution Hall gig.

So you're on a major label now.

Our m.o. from the very beginning was just make a record, put it out and tour like crazy, and we've been very fortunate that with each record, incrementally everything has continued to grow.

Isn't that an old-school approach?

I guess it is. It's pretty straightforward: You're in a band; that's what you do.

Do you feel that your jump to the majors shifted your public image?

I'm not exactly sure what our, like, public image is, really. We

never have our finger on the pulse of what's totally awesome — and then it turns out it's not awesome and we're WRONG.

Is songwriter Ben Gibbard's girlfriend sickly? He seems to worry about her dying an awful lot.

I think that death is a very literal sort of thing, but there's a kind of metaphor involved. This record is sort of about transitions. There's obvious transitions — about the profile of the band growing — and then there are the sort of private transitions where you grow older and you realize that, wow, how are we a band for almost 10 years?

Do you feel like, "Yeah, we belong at the grown-ups' table."

No! That's the thing about our band — we never felt that we could sit at any table. We always felt on the outside of everything.

How does your mom introduce you?

"Hey, this is my son Nick, and he's a musician." I just kind of let people figure it out on their own.

ARION BERGER (EXPRESS)

→ *DAR Constitution Hall, 1776 D St. NW; with Ted Leo + Pharmacists, 7 p.m., \$34; 202-628-4780.*

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National Institutes of Health, Department of Health & Human Services



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AVIAN INFLUENZA STUDY

TO PARTICIPATE, VOLUNTEERS MUST:

- Be healthy and 18 to 59 years old
- Be HIV negative and not have Hepatitis B or C
- Meet criteria to donate blood

Doctors at the National Institutes of Health are conducting a research study (#06-I-0235) to test the avian influenza vaccine and to develop an antibody-based treatment for avian flu.

AS PART OF THE STUDY

- Volunteers will receive up to 4 doses (one or two injections) of an investigational vaccine against avian influenza into the muscle one month apart
- Volunteers must be willing to donate plasma by plasmapheresis (a standard type of blood donation performed in the blood bank)
- Volunteers will be compensated

Call today to learn more | **1-800-411-1222** (TTY: 1-866-411-1010)
<http://clinicaltrials.gov> | Se habla español

New Balance Washington DC II

Free Foot Evaluations
performed by: **Arnold S. Ravick, D.P.M. & Lawrence G. Lazar, D.P.M.**
Capital Podiatry Associates CHTD

1020 Connecticut Ave, NW (Farragut North Metro Stop)
Thursday, November 9, 2006
3-6 p.m.
Call for details! (202) 587-5338

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DEPARTED (R) - ID REQ'D DIG (1205 1230 315 345) 630 700 945
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 220 450) 715 940

Adv. Tix on Sale HAPPY FEET (PG) ★
Adv. Tix on Sale CASINO ROYALE (PG-13) ★
Adv. Tix on Sale DECK THE HALLS (PG) ★
Adv. Tix on Sale DEJA VU (PG-13) ★
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG ★ (1200 230 500 730 950 1010)
FLUSHED AWAY (PG) DIG (1210 225 450 725 950)
BORAT (R) - ID REQ'D DIG (1215 1250 240 330 515) 615 745 900
RUNNING WITH SCISSORS (R) - ID REQ'D DIG (110 415) 720 1025
SAW III (R) - ID REQ'D DIG (1205 1245 245 320 520) 620 800 1030
OC & DA: FLAGS OF OUR FATHERS (R) - ID REQ'D DIG (400

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703-998-4AMC

BORAT (R) / 11:45, 2:15, 4:35, 7:00, 9:30
BORAT (R) / 11:45, 2:15, 4:35, 7:00, 9:30
FLUSHED AWAY (PG) / 10:15, 11:15, 12:45, 1:45, 3:15, 4:15, 5:45, 8:45, 9:15
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 10:30, 11:30, 1:00, 2:00, 3:45, 4:45, 6:30, 7:30, 9:00, 10:00
SAW III (R) 11:00, 12:00, 12:40, 1:45, 2:45, 3:45, 4:45, 5:45, 6:45, 7:45, 8:45, 9:45, 10:30
FLAGS OF OUR FATHERS (R) 10:15, 1:15, 4:15, 7:20, 10:30
FLICKA (PG) 10:20, 12:50, 3:30, 5:50
THE PRESTIGE (PG13) 10:25, 1:20, 4:20, 7:20, 8:20, 10:10
THE GRUDGE 2 (PG13) 10:40, 1:25, 4:10, 7:05, 9:50
MAN OF THE YEAR (PG13) 11:35, 2:20, 5:25, 8:10
THE DEPARTED (R) 11:25, 12:15, 3:10, 4:05, 6:35, 7:35, 10:05
OPEN SEASON (PG) 10:35, 12:55, 3:30, 6:15, 8:30

AMC SELECT

CATCH A FIRE (PG13) 11:20, 1:55, 4:40, 7:10, 9:55
RUNNING WITH SCISSORS (R) 10:55, 1:50, 5:00, 7:50
MARIE ANTOINETTE (PG13) 10:50, 1:40, 4:30, 7:25, 10:25
ONE NIGHT WITH THE KING (PG) 10:25, 1:10, 4:25, 7:15, 10:00
THE QUEEN (PG13) 11:05, 2:05, 4:50, 7:40, 10:20

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

FLUSHED AWAY (PG) / 1:00, 3:20, 5:30, 8:45
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 1:40, 4:30, 8:15
SAW III (R) 4:40, 5:30, 7:30, 8:30
FLAGS OF OUR FATHERS (R) 1:20, 4:10, 8:00
THE PRESTIGE (PG13) 1:30, 4:20, 8:30
THE GRUDGE 2 (PG13) 5:15, 8:45
THE MARINE (PG13) 5:30, 8:15
THE DEPARTED (R) 4:30, 7:45
OPEN SEASON (PG) 4:50, 8:00

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

FLUSHED AWAY (PG) / 3:00, 5:15, 7:40
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 2:10, 4:30, 7:00
SAW III (R) 2:20, 4:55, 7:20
THE PRESTIGE (PG13) 2:00, 2:45, 4:45, 5:30, 7:30, 8:15
THE DEPARTED (R) 1:45, 4:50, 7:55

AMC SELECT

LOEWS LEXINGTON PARK 6

21882 FDR Boulevard
601-862-5000

FLUSHED AWAY (PG) 5:15, 7:45
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:45, 8:15
SAW III (R) 5:30, 8:00
MAN OF THE YEAR (PG13) 4:45, 7:15
THE DEPARTED (R) 4:30, 7:30
OPEN SEASON (PG) 5:00, 7:00

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

TIM BURTON'S THE NIGHTMARE BEFORE CHRISTMAS IN DISNEY DIGITAL 3D (PG) 2:10, 4:15, 6:20, 8:30, 10:35

BORAT (R) / 1:00, 2:55, 5:10, 7:00, 7:30, 9:50
FLUSHED AWAY (PG) / 2:45, 5:00, 7:15, 9:35
SAW III (R) / 1:45, 4:20, 6:55, 9:40
FLAGS OF OUR FATHERS (R) 1:05, 4:05, 7:05, 10:05
THE PRESTIGE (PG13) 1:35, 4:35, 7:40, 10:45
THE GRUDGE 2 (PG13) 1:35, 4:35, 7:40, 10:45
THE DEPARTED (R) 1:30, 3:20, 4:50, 8:15, 10:15

AMC SELECT

BABEL (R) / 1:25, 3:40, 4:40, 8:00, 10:20
CATCH A FIRE (PG13) 2:40, 5:05, 7:35, 10:10
RUNNING WITH SCISSORS (R) 2:00, 4:55, 7:50, 10:45
MARIE ANTOINETTE (PG13) 1:40, 4:25, 7:45, 10:45
THE QUEEN (PG13) 2:20, 4:45, 7:10, 9:45

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

FLAGS OF OUR FATHERS (R) 2:00, 5:00, 8:00

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

FLUSHED AWAY (PG) / 12:50, 3:15, 5:40, 8:10
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 1:20, 4:15, 7:15
SAW III (R) 1:00, 1:40, 4:10, 4:40, 7:00, 7:30
THE GRUDGE 2 (PG13) 1:50, 5:10, 8:05
THE MARINE (PG13) 1:10, 4:50, 8:00
THE DEPARTED (R) 12:20, 3:40, 7:00
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 1:20, 4:20, 7:40
OPEN SEASON (PG) 12:50, 3:15, 5:45, 8:10
GRIDIRON GANG (PG13) 1:30, 4:25, 7:25
CROSSOVER (PG13) 1:15, 4:40, 7:20

AMC SELECT

CATCH A FIRE (PG13) 1:35, 4:25, 7:10

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AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

BORAT (R) / 1:50, 2:30, 4:15, 5:00, 7:00, 8:00, 9:05, 10:05
FLUSHED AWAY (PG) / 1:45, 2:45, 4:25, 5:30, 7:00, 7:45, 9:10, 10:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 1:30, 3:15, 4:20, 6:00, 7:15, 8:45, 9:45
SAW III (R) 2:00, 3:00, 4:45, 5:45, 7:30, 8:30, 10:00
FLAGS OF OUR FATHERS (R) 1:40, 4:30, 7:25, 10:20
FLICKA (PG) 2:25, 5:05
THE PRESTIGE (PG13) 1:00, 4:00, 6:50, 9:50
THE GRUDGE 2 (PG13) 1:00, 4:00, 6:50, 9:50
THE GRUDGE 2 (PG13) 8:45
MAN OF THE YEAR (PG13) 1:25, 4:10, 7:10, 9:55
THE MARINE (PG13) 8:15
THE DEPARTED (R) 12:45, 3:55, 7:05, 10:15
THE GUARDIAN (PG13) 2:40, 5:40
OPEN SEASON (PG) 12:50, 3:05, 5:35, 7:55, 10:05

AMC SELECT

CATCH A FIRE (PG13) 2:00, 4:35, 7:20, 10:10
RUNNING WITH SCISSORS (R) 1:15, 4:05, 6:55, 9:40
MARIE ANTOINETTE (PG13) 1:55, 4:55, 7:40, 10:20

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

BORAT (R) 11:30, 1:45, 4:15, 6:45, 9:10
FLUSHED AWAY (PG) 10:35, 1:00, 3:20, 5:45, 8:00, 10:20
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 10:45, 1:10, 3:30, 6:00, 8:30
SAW III (R) 10:50, 12:30, 1:30, 3:10, 4:10, 5:40, 7:10, 8:20, 9:55
FLAGS OF OUR FATHERS (R) 10:40, 1:50, 5:00, 8:05
FLICKA (PG) 11:50, 2:10, 4:30
THE PRESTIGE (PG13) 10:30, 1:20, 4:20, 7:30, 10:30
THE GRUDGE 2 (PG13) 1:55, 7:05
MAN OF THE YEAR (PG13) 11:10, 2:00, 4:50, 7:45, 10:25
MAN OF THE YEAR (PG13) 11:10, 2:00, 4:50, 7:45, 10:25
THE DEPARTED (R) 11:15, 2:30, 5:55, 7:00, 9:20, 10:10
EMPLOYEE OF THE MONTH (PG13) 11:25, 4:25, 9:40
OPEN SEASON (PG) 11:00, 1:25, 3:40, 5:50, 8:10, 10:15

AMC SELECT

CATCH A FIRE (PG13) 11:40, 2:15, 4:45, 7:15, 9:50
RUNNING WITH SCISSORS (R) 10:55, 1:40, 4:40, 7:40, 10:35

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

DON (NR-NOT RATED) 4:05, 7:25
FLICKA (PG) 5:05
THE GRUDGE 2 (PG13) 4:55, 7:30
THE GUARDIAN (PG13) 4:00, 7:05
FLYBOYS (PG13) 7:40

AMC SELECT

CATCH A FIRE (PG13) 4:50, 7:10
THE ILLUSIONIST (PG13) 4:30, 7:00
LITTLE MISS SUNSHINE (R) 4:45, 7:25
MAXX (NR-NOT RATED) 4:35, 7:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

FLUSHED AWAY (PG) 1:30, 2:30, 3:50, 5:00, 6:00, 7:10, 8:10, 9:20, 10:25
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:45, 5:15, 7:45, 10:15
SAW III (R) 2:00, 2:50, 4:30, 5:20, 7:00, 7:50, 9:30, 10:20
THE PRESTIGE (PG13) 1:00, 4:00, 6:50, 9:50
THE GRUDGE 2 (PG13) 2:15, 4:45, 7:15, 9:45
THE MARINE (PG13) 2:45, 5:15, 8:00, 10:15
THE DEPARTED (R) 12:35, 3:35, 6:45, 9:55
OPEN SEASON (PG) 2:20, 4:50, 7:20, 9:35

AMC SELECT

CATCH A FIRE (PG13) 2:40, 5:10, 7:40, 10:10
COLOR OF THE CROSS (PG13) 2:35, 5:05, 7:30, 10:05

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT

CONVERSATIONS WITH GOD (PG) 2:10, 5:00, 7:20, 9:40
DRIVING LESSONS (PG13) 1:50, 4:10, 7:40, 9:50
THE QUEEN (PG13) 1:20, 2:00, 3:50, 4:40, 7:00, 7:50, 9:10, 10:00
SWEET LAND (PG) 1:40, 4:30
THE LAST KING OF SCOTLAND (R) 1:30, 4:20, 7:00, 9:50
THE SCIENCE OF SLEEP (R) 7:10, 9:20
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:30, 9:40

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

BORAT (R) / 10:15, 11:30, 12:45, 2:00, 3:15, 4:30, 5:40, 7:00, 8:15, 9:20, 10:30
FLUSHED AWAY (PG) / 10:00, 12:10, 2:15, 4:45, 7:10, 9:25
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 10:30, 12:50, 3:20, 5:45, 8:05, 10:20
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 10:30, 12:50, 3:20, 5:45, 8:05, 10:20
SAW III (R) 10:25, 12:05, 1:20, 2:45, 4:10, 5:25, 7:00, 8:00, 9:35, 10:35
FLAGS OF OUR FATHERS (R) 11:00, 1:50, 4:35, 7:45, 10:35
THE PRESTIGE (PG13) 10:35, 12:00, 1:25, 2:55, 4:20, 5:50, 7:25, 8:50, 10:15
MAN OF THE YEAR (PG13) 10:50, 1:35, 4:25, 7:20, 9:55
THE DEPARTED (R) 10:40, 12:20, 1:55, 3:40, 5:20, 7:15, 8:45, 10:25
OPEN SEASON (PG) 10:10, 12:30, 2:40, 4:50, 7:30, 9:45

AMC SELECT

RUNNING WITH SCISSORS (R) 10:20, 1:10, 4:05, 7:15, 10:00
MARIE ANTOINETTE (PG13) 10:45, 1:45, 4:40, 7:40, 10:25
THE QUEEN (PG13) 10:55, 1:40, 4:15, 7:05, 9:50

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

FLAGS OF OUR FATHERS (R) 4:05, 7:00
FLICKA (PG) 4:10, 6:30
THE PRESTIGE (PG13) 4:45, 7:40
THE GRUDGE 2 (PG13) 5:30, 8:05
MAN OF THE YEAR (PG13) 5:15, 8:00
THE DEPARTED (R) 4:15, 5:00, 7:30, 8:15

AMC SELECT

MARIE ANTOINETTE (PG13) 4:30, 7:15

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
301-729-6633

FLUSHED AWAY (PG) / 12:40, 2:45, 5:40, 7:50
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) / 12:40, 3:00, 5:30, 8:00
FLAGS OF OUR FATHERS (R) 1:00, 5:10, 8:10
FLICKA (PG) 12:50, 3:00, 5:20
THE GRUDGE 2 (PG13) 7:50
MAN OF THE YEAR (PG13) 8:00
MAN OF THE YEAR (PG13) 8:00
THE DEPARTED (R) 12:30, 5:00, 8:10
OPEN SEASON (PG) 12:30, 2:45, 5:50

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

FLICKA (PG) 2:20, 4:40, 7:00
THE GRUDGE 2 (PG13) 2:05, 4:35, 7:15
TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) 2:05, 4:30, 7:05
THE GUARDIAN (PG13) 2:00, 5:00, 8:00
OPEN SEASON (PG) 2:15, 4:50, 7:20
JACKASS: NUMBER TWO (R) 2:10, 4:45, 7:10

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

THE DEVIL WEARS PRADA (PG13) 5:10, 7:40

AMC SELECT

INFAMOUS (R) 4:30, 7:10
CONVERSATIONS WITH GOD (PG) 4:50, 7:20
DRIVING LESSONS (PG13) 4:40, 7:00
THE ILLUSIONIST (PG13) 5:00, 7:30

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:15, 4:30, 7:05
FLAGS OF OUR FATHERS (R) 2:00, 4:43, 7:20
THE PRESTIGE (PG13) 2:00, 4:55, 7:25
MAN OF THE YEAR (PG13) 2:10, 4:40, 7:25
THE DEPARTED (R) 3:00, 7:00

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GENEROSITY OF SPIRIT AND BELIEF IN
HUMAN POTENTIAL" - *The Guardian*



Stan Barouh

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josie
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• Are almost always expecting the worst;

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Television



'HOMICIDE' LIVES: "Homicide: Life on the Street: The Complete Series Megaset" contains every episode of the great Baltimore cop drama that David Simon ("The Wire") created. This massive collection features 122 shows on 35 DVDs. Killer.

A Real Airhead

Brazilian airplane inventor rivaled the Wright brothers

FANCY FLIGHTS | Eras of invention and innovation are often hallmarked by dueling personalities. Think of electricity's Thomas Edison and Nikola Tesla. Tonight's "Nova" (8 p.m., PBS) presentation "Wings of Madness" teaches us that modern aviation also had a contrasting pair of founders. But while we remember the Wright brothers, their rival, Alberto Santos-Dumont, has been lost to history.

The Brazilian-born Dumont was



FLYING MACHINE: Alberto Santos-Dumont was an aviation pioneer.

both an innovator and a showman. In the waning days of the 19th century, he dazzled Paris by piloting the first practical motorized dirigibles around the Eiffel Tower. After the Wrights' Kitty Hawk triumph, Dumont turned to heavier-than-air craft with an artistic flourish. His 1908 model, the dragonfly-like Demoiselle, is considered the prototype of the single-engine plane.

A dreamer and idealist, Dumont never patented his aircraft. He saw aviation as a means of bringing mankind closer together. After a crash left him unable to fly, he fell into depression. The use of aircraft in warfare pushed him over the edge of despair, and he committed suicide after a plane bombed Sao Paulo during a civil war. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

VOTE EARLY, OFTEN

NBC begins its midterm-election results a full 10 minutes early with **DECISION 2006** (9:50 p.m.). **VOTE 2006** (10 p.m., ABC) and **CAMPAIGN 2006** (10 p.m., CBS) follow. Cable news is starting earlier. In fact, most cable news' 2006 midterm-election coverage began sometime in late 2004.

MOOD DESTABILIZERS

Off-field troubles ruin the post-victory mood on **FRIDAY NIGHT LIGHTS** (8 p.m., NBC).

STEP INTO THE LIGHT

A cult covets Ron's daughter on **THE UNIT** (9 p.m., CBS).

NOT A BASEBALL PLAY

A hit-and-run may be more than it first appears on **LAW & ORDER: CRIMINAL INTENT**



EARLY RETURNS: Brian Williams helms NBC's election-night coverage.

(9 p.m., NBC).

CULT CHOICE

Peter Bogdanovich updated his 1971 documentary **DIRECTED BY JOHN FORD** (8 p.m., TCM), celebrating one of the greatest filmmakers of all time. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

11:7:06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	4 News		Nightly News	Access Hollywood	(:02) Friday Night Lights (N)		(:02) Law & Order: Criminal Intent (N)		Decision 2006 (S Live)		News	Tonight Show	
	WTTG	5 Every-Raymond	The Simpsons	The Simpsons	Seinfeld	Standoff "One Shot Stop" (N)		House "Que Sera Sera" (N)		News		News	Election Special	
	WJLA	7 News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)		Dancing With the Stars (S Live)	Help Me Help You		Vote 2006 (Live)		News	(:35) Nightline	
	WUSA	9 News	Evening News	9News Tonight	Entertainment	NCIS "Sandblast" (N)		The Unit "Off the Meter" (N)		Campaign 2006: Election Night		News	Late Show	
	WDCA	20 Scrubs	Scrubs	Judge Joe Brown	Judge Judy (N)	Desire "Keys to the Kingdom" (N)		Fashion House "Dark Days Down" (N)		The Tyra Banks Show (N)		Still Standing	Still Standing	
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors	Nova "Wings of Madness" (N)		Frontline "Can You Afford to Retire?"		National Geographic		Vatican City & the Papacy		
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Wings of Madness" (N)		The Primates		Frontline "Can You Afford to Retire?"		Charlie Rose (N)	Charlie Rose	
	WHUT	32 World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! "Foyle's War III: The French Drop"		Today's-Toddl		BBC World News	Tavis Smiley	Charlie Rose (N)	Charlie Rose	
	WDCW	50 My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "Go, Bulldogs!" (N)		Veronica Mars "Hi, Infidelity" (N)		Will & Grace	Will & Grace	Sex and the City	Sex and the City	
	BASIC CABLE	A&E	Crossing Jordan "Conspiracy"			CSI: Miami "Shattered"	CSI: Miami "Payback"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter
Animal		The Crocodile Hunter Diaries			Buggin' With Ruud	The Most Extreme "Workaholics"		After the Attack		Animal Precinct "Unhatched Eggs"		The Most Extreme "Workaholics"		
BET		106 & Park: BET's Top 10 Live				Tailgatin' Awd	** "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce.			Beef: The Series	Vince Young	Jamie Foxx	Jamie Foxx	
Bravo		(5:30) Top Chef			Top Chef Ice cream.	*** "The Birdcage"	(1996, Comedy) Robin Williams, Gene Hackman, Nathan Lane.			Paula Poundstone		Top Chef Preparing sushi.		
Comedy		(5:00) *** "48 HRS." (1982)			Scrubs	Scrubs	Daily Show	Colbert Report	Chappelle's Show	South Park	Mind of Mencia	Mind of Mencia	The Daily Show-the Colbert Report	
Court		Forensic Files			Forensic Files	Cops	Cops	Cops	Cops	Cops	Video Justice	Video Justice	Masterminds (N)	Masterminds
Discovery		It Takes a Thief "Bachelor Break-In"			Dirty Jobs "Geoduck Farmer"		Mega Builders Power plant.		Dirty Jobs "Coal Miner" Coal mining.		Dirty Jobs Pouring foundations.		Dirty Jobs "Geoduck Farmer"	
DISCH		Code Blue "Long Hours, Late Nights"			Impact: Stories of Survival		Little People, Big World		Untold Stories of the E.R.		Sex Change "Her to Him"		Little People, Big World	
Disney		Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	** "My Date With the President's Daughter" (1998) Dabney Coleman.				Life With Derek	Phil of the Future	Zack & Cody	That's So Raven	
E!		Lisa Marie: True H'wood		E! News (N)	The Daily 10 (N)	*** "Election" (1999) Matthew Broderick, Reese Witherspoon. Premiere.				Girl Next Door	Girl Next Door	E! News	The Daily 10	
FX		King of the Hill		That '70s Show	That '70s Show	** "White Chicks" (2004) Shawn Wayans. Two male FBI agents pose as female socialites.				Nip/Tuck "Merrill Bobolit" (N)		(:05) Nip/Tuck "Merrill Bobolit"		
HGTV		If Walls Could		What's-House?	What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	24 Hour Design	House Hunters	Buy Me (N)	Parents House	FreeStyle (N)
Family		Everwood "East Meets West"			Gilmore Girls "Rory's Dance"	*** "Rodgers & Hammerstein's Cinderella" (1997) Whitney Houston.				Whose Line?	Whose Line?	The 700 Club		
History		The Big Build "Viking Longboat"			Modern Marvels: Assembly Line	Death Road				Mega Disasters "American Volcano"	Man, Moment, Machine (N)	Modern Marvels: Extreme Aircraft		
Lifetime		Reba	Reba	"What Comes Around" (2006, Suspense)			Emmanuelle Vaugier.			** "Disturbing Behavior" (1998) James Marsden, Katie Holmes.		Will & Grace	Will & Grace	
MTV		Yo Momma (N)	Yo Momma	Sucker Free		Parental Control	Parental Control	Parental Control	Parental Control	Yo Momma	Yo Momma	Real World	Parental Control	
NICK		Ned's School	Avatar-Last Air	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House	Hi-Jinks	The Cosby Show	Fresh Prince	Roseanne	Roseanne	
SCI FI		Stargate SG-1 "One False Step"			Dead Like Me			Eureka "Invincible"		ECW CM Punk vs. Mike Knox. (Live)	(:05) "Falcon Down" (2000)			
SPIKE		CSI: Crime Scene Investigation			CSI: Crime Scene Investigation	CSI: Crime Scene Investigation		"Today You Die" (2005) Steven Seagal. A thief seeks revenge against his double-crossers.		(:05) Friends	(:35) Friends	(:10) Seinfeld	(:40) Seinfeld	
TBS		Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	(:05) Friends	(:35) Friends	(:10) Seinfeld	(:40) Seinfeld	
TLC	Jamie's Kitchen			Rides "Syn" The newest Ford model.	Overhaulin' 1965 Buick	Overhaulin' The CNN Hummer.		Miami Ink "The Jeep" (N)		Miami Ink "Step Up or Step Out"				
TNT	Law & Order "Justice"			Without a Trace "Honor Bound"	Law & Order "Patriot"	Law & Order "Paradigm"		Law & Order "Mega"	(DVS)	Law & Order "Ramparts"				
USA	Law & Order: Special Victims Unit			** "Face/Off" (1997) John Travolta, Nicolas Cage. An FBI agent and a violent terrorist switch identities.			Kid Star Parents Exposed		Williams Exper.	Brk. Bonaduce	Ice-T's Rap	Show Us Tats		
VHI	Wacky Families			Fabulous Life Of... "Celebrity Wives"	Fabulous Life Of...									
SPAN	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Marina		Amor Mio	Amores	Decisiones		Noti-Telemndo	Decision 2006	
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Lo Que No Vio de Latin Grammy		Primer Impacto	Noticiero Univ.	
	ESPN	SportsCenter (Live)			NFL Live	2006 World Series of Poker		2006 World Series of Poker (Taped)					SportsCenter (Live)	
SPORTS	ESPN2	2006 World Series of Poker			Interruption	College Football Toledo at Northern Illinois. (Live)					NBA Coast-to-Coast (Live)			
	CSN	College Football	SportsNite	Monday Nite Live		Women's College Soccer ACC Tournament Final -- Teams TBA. (Taped)				SportsNite (Live)		ACC All-Access	Final Score	
	CNN	Lou Dobbs Tonight			America Votes 2006									
	FNC	Special Report With Brit Hume			You Decide 2006 Election coverage.									
NEWS	MSNBC	(5:00) Election Coverage												
MOVIES	AMC	(5:30) ** "Cocoon: The Return" (1988, Fantasy) Don Amechie. 'PG'					** "Meet Joe Black" (1998, Fantasy) Brad Pitt. The Grim Reaper assumes the form of a recently deceased man. 'PG-13'					(45) Deliverance		
	TCM	** "Hide-Out" (1934) Robert Montgomery. 'NR'					Festival of Shorts					*** "Directed by John Ford" (1971, Documentary) Premiers. 'NR'		
	HBO	(4:45) * Taxi					Hacking Democracy Computer vulnerability.					Da Ali G Show		
	MAX	(4:30) *** "Die Hard" (1988) 'R'					(6:50) * "Supercross: The Movie"					Da Ali G Show		
	SHOW	Pills, Profits, Protest: AIDS Movement					(6:55) *** "Hotel Rwanda" (2004) Don Cheadle. iTV.					Dexter (iTV) Surprise for Dexter.		
	TMC	(1:10) ** "Only You" (1992) Andrew McCarthy. 'PG-13'					(4:45) *** "The Manchurian Candidate" (2004, Suspense) Denzel Washington.					Patriot Act: A Jeffrey Ross Home Movie		
	STARZ!	(5:50) * "The Waterboy" (1998) Adam Sandler. 'PG-13'					(2:20) ** "So I Married an Axe Murderer" (1993) 'PG-13'					*** "Casanova" (2005, Romance-Comedy) Heath Ledger.		
	ENCORE	(1:15) ** "Terminal Velocity" (1994) Charlie Sheen.					* "Dumb and Dumber: When Harry Met Lloyd" (2003)					** "Ladder 49" (2004, Drama) Joaquin Phoenix.		



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FOR MY
LIFE!

R. Donald Tomasik

I wanted to write and let you know that I am eternally grateful to you for saving my life! I saw an ad for mobile ultra-sound tests for a year before actually signing up to be tested. I just had a feeling that something wasn't right; my wife kept urging me to spend the \$179 and get checked for nothing else but the peace of mind. Boy, am I glad I did, it was found that I had a 5 1/2 centimeter aortic aneurysm. I was able to take my test results to my primary care physician and be referred to a specialist, Doctor Showalter, who's first question was 'how do you know you have an aneurysm?' I showed him my Healthfair test results and he smiled and said, 'those Healthfair screenings probably saved your life!'

That was in February 2003 and after a successful surgery, I'm happy to say I'm in good health in 2004 and indebted to Healthfair USA for saving my life! Unfortunately our friend Connie in Vermont didn't have an opportunity to have these inexpensive tests and died of a ruptured aneurysm. We miss her and hope to see Healthfair mobile units all over the country someday. It really is necessary to have these tests since Medicare won't pay for preventative screenings and I couldn't afford to pay the hospital price! Thanks from both Marge and I for your 7 test package, it was truly an investment in my health!



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November 10th & 22nd
Hampton Inn
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Bethesda
November 11th, 18th & 25th
YMCA - Arylawn
5650 Oakmont Ave.

McLean
November 14th
Best Western Tysons West Park
8401 West Park Dr.

Fairfax
November 15th
Comfort Inn University Center
11180 Main St.

Reston
November 16th
Sunrise Assisted Living
1778 Fountain Dr.

Rockville
November 17th
Best Western Inn
1251 W. Montgomery Ave.

Springfield
November 29th
Sunrise Assisted Living
6541 Franconia Rd.

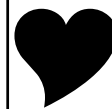
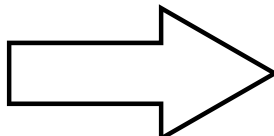
Kensington
November 30th
Kensington Park Retirement
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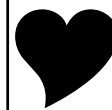
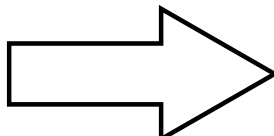
HEART ATTACK PREVENTION PACKAGE

ECHOCARDIOGRAM
ULTRASOUND TEST



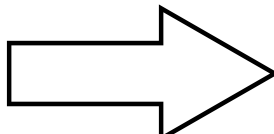
Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

ELECTROCARDIOGRAM
(EKG) TEST



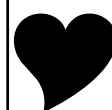
EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

HARDENING OF THE
ARTERIES (ASI) TEST



Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

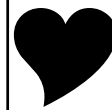
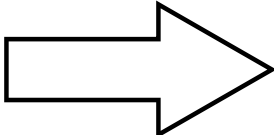
ALL 3 TESTS



These cardiac tests are painless and non-invasive. The combined cost is more than \$1,300 at most hospitals.

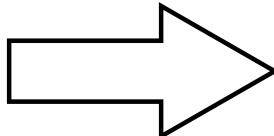
STROKE & ANEURYSM PREVENTION PACKAGE

STROKE/CAROTID ARTERY
ULTRASOUND TEST



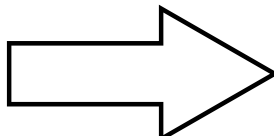
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DA WINE: Former NFL coach Mike Ditka has partnered with a California winery to produce five wines that will bear his name, the Chicago Sun-Times reported. The highest-end bottle in the line is a blend called Mike Ditka Kick Ass Red. The wines will all be priced between \$10 and \$50.



Sports

Redskins as Shocked as Anybody

After bizarre win, team is still trying to figure out how it happened

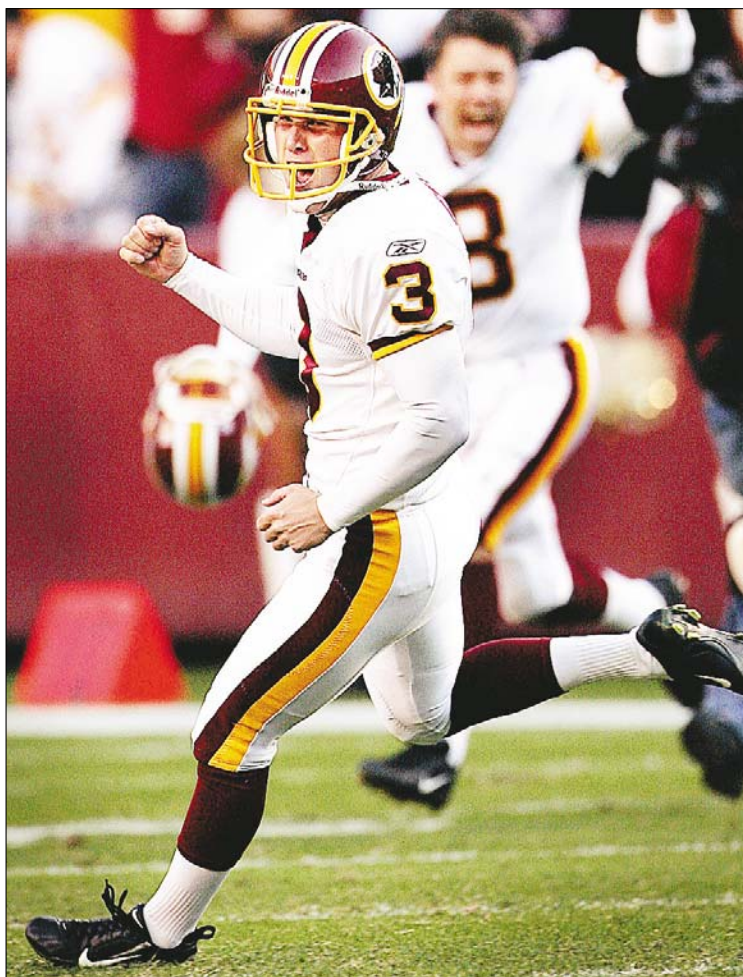
REDSKINS | The elation faded quickly, and reality took its place Monday in the nation's capital. Amid all the joy over beating the biggest of rivals, there was one glaring fact no one could ignore: The truly bizarre had to happen for the Washington Redskins to end their three-game losing streak.

"People are talking about it: How in the world did the Washington Redskins win?" defensive tackle Joe Salave'a said. "I'm not too sure."

Even safety Troy Vincent, the latest unlikely hero in Redskins-Cowboys lore, said he stayed up late Sunday night thinking about "what we didn't do."

"I've been in the league 10 years — I've never been in one like that," added cornerback Shawn Springs. "We're living right, I guess you could say."

It's easy to list a half-dozen reasons why the Redskins had no business beating the Dallas Cowboys. Terrell Owens dropped a sure touchdown pass that would have put Washington in a 14-point



CATCH-22: Kicker Nick Novak celebrates his game-winning kick for the Redskins, the first team in NFL history to score exactly 22 points in three consecutive games.

hole late in the third quarter. Tight end Anthony Fasano fell down after catching a pass with no one close to him on Dallas' final drive.

The Cowboys self-destructed with 11 penalties for 153 yards, including a face mask call that allowed Nick Novak to kick the winning field goal. Coach Bill Parcells didn't use a replay challenge on a questionable safety, then cost his team a valuable point by going for a two-point conversion far too early in the game. Novak missed his first chance to win the

Ready and Waiting

→ After three strange losses of their own, the Eagles got the entire week off during their bye. They came back as crisp as ever, ready for the Redskins. | **Today, Sports**

IN The Washington Post

game, pushing a 49-yard attempt with 31 seconds to play.

Dramatic finishes aside, Washington is still only 3-5, with back-to-back road games at Philadelphia and Tampa Bay next on the schedule.

"We needed to get a spark," Salave'a said, "and, hopefully, that'll springboard us in the right direction." JOSEPH WHITE (AP)

Attention Turns Back Toward Colts

Squad can become the first to start 9-0 in back-to-back seasons

FOOTBALL | Tony Dungy hoped to avoid all those perfect-record questions this year. Not a chance now.

Sunday's win at New England, coupled with the Chicago Bears' shocking loss to Miami, has Dungy shaking his head as the Colts enter the second half of the season as the NFL's last unbeaten team again.

Sure, Dungy is thrilled with an 8-0 record, just not the prospect of facing the weekly scrutiny or circus-like environment that are certain to shift from Chicago to Indianapolis this week as the Colts chase perfection for the second straight year.

"I'm really mad at [Chicago



Once again, Peyton Manning and the Colts are the last undefeated NFL team.

coach] Lovie Smith because he was supposed to keep all that talk in Chicago," Dungy joked Monday. "I haven't talked to him yet, but I will. I guess it's on us now."

If the Colts have one advantage, it's experience with these situations.

In 2004, the Colts dealt with the all-consuming media blitz as Peyton Manning chased the touchdown passes record. Last year, it was their 13-0 start

This week's chapter: a shot at NFL history. A win over Buffalo (3-5) would make Indy the first NFL team to ever go 9-0 in back-to-back seasons.

"Maturity is such an important

thing because you go through so many ups and downs during a season and you have to be steady," he said. "This is one of the most mature teams I've been around."

The reality is there are enough flaws to make few believe the Colts can seriously challenge the 1972 Miami Dolphins as the league's only perfect team. They're allowing a league-worst 165.7 yards rushing per game and haven't been blowing out opponents like last year.

In some ways, though, that may make the Colts more dangerous.

"We're not playing as well as we did last year, but I like where we are and we've found a resiliency and ways to win games," Dungy said. "That's a good quality to have. We're still playing winning football and we haven't played our best game yet." (AP)

In Brief

GOLF

New U.S. Ryder Cup Captain Revamps Selection Process

Paul Azinger took over the U.S. Ryder Cup team in more ways than one, persuading the PGA of America to give him four captain's picks and revamping the criteria so that money and majors determine who makes the team. Under the new system, one point will be awarded for every \$1,000 a player earns in the 2007 majors, and in regular PGA Tour events in 2008. Two points will be given for every \$1,000 earned at the 2008 majors. (AP)



The last time Barbaro raced, he broke his right hind leg at the Preakness.

HORSE RACING

Six Months After Accident, Barbaro Has Cast Removed

Barbaro is walking freely, without a cast. Nearly six months after a horrifying accident at the Preakness, Barbaro had the cast removed from his lower right hind leg on Monday. The Kentucky Derby winner was in the cast since having surgery on May 21, a day after the second race of the Triple Crown series. Barbaro's left hind hoof, which was stricken with a severe case of laminitis, hasn't shown signs of any new problems. (AP)

NATIONALS

21 Free Agents, Mostly Pitchers, Agree to Contracts

Right-handers Tim Lincecum and Joel Hanrahan agreed Monday to one-year contracts with the Nationals, along with infielder Josh Wilson and outfielder Michael Restovich. In addition to the four major league contracts, the Nationals agreed to 17 minor league deals. Thirteen of the 21 free agents are pitchers. "We head the list of teams that need pitching," team president Stan Kasten said last week. (AP)



Cover 2: Mark Maske will be online at [washingtonpost.com/liveonline](http://www.washingtonpost.com/liveonline) to discuss the undefeated Colts, the unpredictable Redskins and the rest of the NFL.

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AFTER THE SHOW: The Texas Rangers hired Ron Washington, a former Athletics coach, as the team's manager. Washington is the Rangers' 17th full-time manager and first black manager. Texas fired Buck Showalter after an 80-82 season this year.

Sports

This Year, a Fresh Start for Terps

Williams says he's not afraid to start 2 young guards at the point

TERPS HOOPS | Gary Williams has drawn upon the past in an attempt to ensure a successful future for his Maryland basketball team.

In 1999, Williams took a risk by starting a freshman at point guard. It turned out to be one of the best decisions he ever made as a head coach.

"Steve Blake's freshman year, we won 25 games, and he started," Williams recalled. "It wouldn't bother me at all to play a freshman."

That is precisely what he plans to do this season in an effort to get the Terrapins into the NCAA tournament for the first time since 2004. Ready or not, freshmen Eric Hayes and Greivis Vasquez have been put in charge of running an offense that had mixed results last season under the direction of D.J. Strawberry, a shooting guard who reluctantly manned the point because no one



Freshman point guard Eric Hayes drives during the Terps' exhibition game against California, Pa., last week. Coach Gary Williams said Hayes could start this season.

else was qualified to do so.

"Playing there all the time was kind of difficult. I was up and down," said Strawberry, now a senior. "Having more guards around me who can handle the ball as well as I can, it will be easier."

Hayes showed promise dur-

The Time Is Now

→ Coaches are constantly judged by their last game or last season. That painful fact is certainly not lost on struggling Terps coach Gary Williams. | **Today, Sports**

IN The Washington Post

ing the preseason, leading the Terrapins in assists in both games while compiling a 16-5 assist-to-turnover ratio. Vasquez missed the first game with a sprained ankle before returning to register nine points and four assists in a win over Carleton on Saturday.

"Both guys have a chance to play a lot," he said. "If they are successful, it will open up some things for D.J. Strawberry and Mike Jones." (AP)

Gators Get Top Ranking in AP's Preseason Poll

COLLEGE HOOPS | The same starting five who left the court in Indianapolis with Florida's first national championship will start this season with the No. 1 ranking.

The Gators were the runaway choice Monday in the Associated Press' preseason college basketball poll — no surprise, since they have everyone back for a run at being the first repeat national champion since Duke in 1992.

Florida received 63 first-place votes and 1,788 points from the 72-member national media panel to easily outdistance North Carolina, which got the other nine No. 1 votes and 1,704 points.

Ohio State had what was considered the nation's best recruiting class, though 7-foot-1 center Greg Oden won't be available until January while he recovers from offseason wrist surgery. Still, the Buckeyes were seventh, followed by Georgetown, Wisconsin and Arizona. JIM O'CONNELL (AP)

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Sports

169

The number of games since the last time a Notre Dame football game was not on either NBC, ABC, CBS or ESPN. Saturday's game against Air Force will not be televised.

Swengali

TERPS FOOTBALL | BY MATT SWENSON

Maryland Is Back on Track

THREE WEEKS AGO, the Maryland Terrapins were a shell of a team.

After just squeaking by Florida International and then losing to Georgia Tech, the Terps were on the wrong end of a 20-0 score at Virginia. Then, something clicked.

Maryland came roaring back for a 28-26 win and hasn't been stopped since. In the process, the team is showing the same sort of character last seen in their run to the Orange Bowl five years ago.

Take Saturday's 13-12 thriller over Clemson. After the refs blew an easy safety call for Maryland, Clemson was allowed to march down the field and score.

That would have been enough to do in the hometown team the past two years, but not this year.

"The Terps' kick ... puts them in prime position to make the ACC championship."

Quarterback Sam Hollenbach engineered a drive that led to the first of the area's two dramatic game-winning field goals last weekend.

But the Terps' kick ushered them into the top 25 and puts them in prime position to make the ACC championship.

Miami, Boston College and division leader Wake Forest — yes, you read that right — are all that stand in Maryland's way.

Miami's on the same level as Florida State, who the Terps already beat. B.C. can be had by any team that capitalizes on mistakes. That leaves a showdown with Wake Forest, which is due for a loss — right?

It's shaping up to be one shell of a season in College Park.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com



RAISING THE BALL: Musa Smith, center, reacts after recovering a fumble against the Bengals on Sunday. The Ravens are two games ahead in their division.

The Trap Is Set for 1st-Place Ravens

Team is coasting, but Billick says focus will keep it from slipping

RAVENS | A year ago, the Baltimore Ravens reached the midpoint of the season with a 2-6 record. Now they're 6-2 and in first place.

Sure, they feel a lot better about themselves and their position in the AFC North. But Baltimore plans to play the second half exactly as it did in 2005.

"The challenge is the same. It's all about the next game," coach Brian Billick said Monday. "You can't get caught up in what's ahead other than just win the next game. Then we'll see what happens."

Entering the final eight weeks of the regular season, the Ravens couldn't ask to be in a better position. Second-place Cincinnati (4-4) has lost two straight and four of five; Pittsburgh has lost three in a row to fall to 2-6; and Cleveland is also 2-6.

It would be easy for Baltimore to be tempted to coast through the rest of the regular season, beginning with Sunday's game against Tennessee (2-6). Billick, however, doesn't expect the Ravens to let up down the stretch.

"I can't imagine this team falling into that trap," he said. "They seem very, very focused. I don't have to work hard on the mantra 'one game at a time.'" DAVID GINSBURG (AP)

TODAY'S TV LINEUP

COLLEGE FOOTBALL (7:30 P.M. ON ESPN2) He's struggled the past few weeks and lost his chance, but voters finally get a chance to see former Heisman hopeful Garrett Wolfe in prime-time action when his Northern Illinois Huskies host the Toledo Rockets on national TV. Just a little too late for Wolfe.

HOCKEY (7 P.M. ON VERSUS) The defending Stanley Cup champions, the Carolina

Hurricanes, are currently in second place in the Southeast division with 16 points. They try to make up some ground on Atlanta with a game at the always-tough New Jersey Devils, led by goalie Martin Brodeur.

TERPS HOOPS (7 P.M. ON ESPNU) The Terps' men's basketball team starts its season with a home game against Hampton in the 2k Sports Hoops Classic.



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Sports



EYE OF THE TIGER: In addition to playing the best courses around the world, Tiger Woods will now design some of them. Woods, who has said for years he would like to eventually design courses, announced Monday the formation of Tiger Woods Design. He said his courses would play to every skill level and draw from his world travels.

United Finds Old Form in Final Loss

After three months of disappointing soccer, D.C. plays well again

UNITED | Ben Olsen called it "cruel irony."

After nearly three months of searching, a once rampant D.C. United recaptured its peerless attacking form on Sunday, carving through the New England Revolution at will only to see one chance after another fall awry.

Meanwhile, the besieged visitors managed one shot on target during the MLS Eastern Conference final. The result: a 1-0 loss and the end of United's enigmatic season.

"Soccer's a crazy game where you can dominate for 90 minutes and walk away a loser. That's how it worked today. Every time we had a chance, there was one of their guys to get a foot in," Olsen said.

After surging to a 13-1-5 start, D.C. was among the worst teams in MLS over the past three months.



The energy and offensive invention that staked them to an unassailable lead disappeared, and United plodded toward the playoffs promising its best soccer was just ahead. The team finally found it Sunday — despite giving up an early tally — and accumulated nine corner kicks and eight shots on goal. The attack was confident, fluid and fast, and the Revolution had no option but to

New England's Taylor Twellman, right, goes airborne against Bobby Boswell.

bunker in. "A bounce here or there and we win," Olsen said.

Had D.C. (16-8-11) played the same moribund soccer seen in September and October, there would have been legitimate questions about whether the team really was as good as its early season record. Instead, United found out it was that good, and there was satisfaction in that despite the result.

"We started the season well, played great for a long period of time, and ended the season well," Olsen said. "But the way we played today, I'm proud of the guys and proud to be part of D.C. United."

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The last year two Big Ten teams were at least 10-0, when Michigan and Minnesota accomplished the feat. This year, Michigan and Ohio State are both 10-0.

Sports

Louisville Gets No Respect

The No. 3 squad hears the talk that it isn't a national title contender

COLLEGE FOOTBALL | Bobby Petrino didn't have to worry about enjoying the biggest win in Louisville history too much.

In the days following the third-ranked Cardinals' 44-34 win over West Virginia last Thursday — a victory that moved Louisville (8-0, 3-0) into third place in the latest Bowl Championship Series rankings — Petrino found himself having to defend the program against a backlash from naysayers who feel the Cardinals aren't good enough to enter the national title hunt.

"I was [surprised]," Petrino said. "But you don't know what those people's agendas are or what votes they're trying to influence. What we feel is that we went out on the field and played great football."

The Cardinals will have to



Louisville stayed undefeated and in the national title hunt with a win vs. West Virginia.

continue playing at that level on Thursday at No. 15 Rutgers (8-0, 3-0) if they want to keep their national championship hopes alive.

And even if they win another Big East battle on a national stage, Petrino knows the debate won't stop.

"We're a new player and there's a lot of tradition at other schools, a lot of tradition in other conferences," Petrino said. "We have to go through it. We have to prove ourselves. And that's what we've been trying to do the last four years."

WILL GRAVES (AP)

Auburn's Injured Irons Says He'll Play

COLLEGE FOOTBALL | Auburn tailback Kenny Irons said his gimpy ankle won't stop him this week.

Irons, who hurt his right ankle and a toe against LSU on Sept. 16 and reinjured the same leg on Oct. 14 against Florida, still won't be 100 percent healthy for the fifth-ranked Tigers' game against

Georgia on Saturday, but he said it won't matter.

"It will be a while before I'm full speed because of the injury," he said. "But I'm not even going to think about it. Send me out there and you won't even think I'm injured the way I'm going to run."

That's good news for Auburn

(9-1, 5-1 Southeastern Conference) and an offense that has sputtered at times. Irons, the SEC's top rusher last season with 1,293 yards and 13 touchdowns, has 687 yards and three TDs this year.

Irons also said he is considering removing a metal plate protecting the turf toe injury on his right foot. He said he has used it as a precaution. JOHN ZENOR (AP)

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1. Troy Smith (QB, Ohio State) stays on top of the list despite a dreadful game (108 yards, no TDs and one INT) against lowly Illinois. No one else has stood out. **2. Notre Dame QB Brady Quinn** threw for 346 yards and four touchdowns against North Carolina, but he still has to prove he can do it against a team that's, you know, decent. Southern Cal is on Nov. 25. **3. Michigan RB Mike Hart** continues to get consideration because he's on the second-best team in the country. But his stats don't hurt: 1,281 yards and 10 TDs with his first fumble in 665 carries coming last weekend. **4. Rutgers RB Ray Rice** (1,203 yards and 13 TDs) has his big test this week against No. 3 Louisville. **5. Colt McCoy** (QB, Texas) has thrown for 2,051 yards and 20 TDs (with just four INTs) and has done it against teams like Ohio State and Oklahoma. But he'll probably have to impress in the Big 12 title game to be seriously considered.

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INFORMATION SESSION

November 16, 2006 | 6:00 pm

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AD BONE MARROW 11/05

Worry Worry Worry Worry Worry

You could be a candidate to volunteer as a participant in a clinical research trial of an investigational medicine for Generalized Anxiety Disorder (GAD).

People with GAD are bothered by worry more than other people. Other signs of GAD are:

- Loss of Concentration • Irritability
- Trembling or feeling shaky
- Heart racing • Sweating

Volunteers will be compensated for travel. Help researchers: Call DuPont Clinical Research at 301-231-9011.

www.dupontclinicalresearch.com

Worry Worry Worry Worry Worry

Are you tired of waking up BEFORE your alarm?

INSOMNIA



If you are at least 18 years old and have trouble **STAYING ASLEEP** you may qualify to participate in a research study of an investigational medication.

Compensation may be provided for time and travel.

Call
301-654-5665
research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro

ASTHMA?

If you have **needed prednisone** for asthma in the past year you may qualify for a 12 week research study of an investigational inhaled medication for moderate-severe asthma. Compensation offered to qualified participants.

PLEASE CALL: Kim at 301-962-1607
FREE PARKING AND METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kallner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

RESEARCH OPPORTUNITIES
for MARIJUANA USERS

- 18-45 years old
- Currently use marijuana and have used for at least one year
- Interested in participating in an in-patient research study

CALL 1-866-750-2165 FOR MORE INFORMATION

This call is **CONFIDENTIAL!** Studies will be conducted in the Clinical Pharmacology Unit of a federal medical research facility in Bethesda, Maryland.

VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

FOR MORE INFORMATION
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Get a little winded sometimes?
Maybe it's early emphysema.

If you answered yes, and you are at least 35 years of age, you may qualify for a 27-week clinical research study of an investigational medication for emphysema. Study related medical evaluations, including diagnostic breathing tests, are provided at no cost available to qualified participants. We are metro accessible and have plenty of free parking. Compensation up to \$900 available to qualified participants. Interested?

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THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

CALL:
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Healthy Adults 18-50 years old needed to participate in the study of an investigational Ebola vaccine.

To volunteer, please call: 1-866-833-LIFE (toll free) or TTY: 1-866-411-1010

Financial compensation provided.

The study will evaluate the safety of the vaccine and see if it generates an immune response.
You cannot become infected with Ebola virus by receiving the vaccine

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These studies are being conducted at the Vaccine Research Center, National Institute of Allergy and Infectious Diseases, National Institutes of Health, Department of Health and Human Services.



Have You Ever Had A Panic Attack?

- Felt as if you were short of breath?
- Felt your heart starting to pound for no reason?
- Felt afraid you might die?
- Started to shake or sweat without warning?

If you were afraid of another attack occurring and these came out of the blue, you may have had in the past, or currently suffer, from an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers 18-55 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study, and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder.

Participation may include free:

- Brain imaging
- Thorough mental health assessment

Compensation available for select studies.
Travel assistance is available.



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

Call: 301-594-3186
(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov
or for other studies: **www.clinicaltrials.gov**



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JOBS

Accountants/Auditors

Experienced Accountants

CPA firm has immediate openings in the Bethesda area for individuals with Federal government accounting and auditing experience. Applicants should have at least 5 years experience. A CPA certificate is a plus. All applicants must be U.S. citizen. Experience with Federal government accounting systems and preparation or audit of Federal government financial statements are definite pluses. Federal government retirees welcomed. Please Send or e-mail your resume and salary requirements to:

mbarlag@foxccpas.com or
Fox & Company
3 Bethesda Metro Center, Suite 700
Bethesda, MD 20814

ACCOUNTING ASSISTANT

Cheverly, MD concrete const. firm seeks organized seasoned candidate w/mgmt & computer skills. Exper. in AR/AP, payroll nec. Knowl. of Peachtree a plus. Must be able to work w/little supervision. Comp. based on performance. Fax resume: 301-925-4549

Admin. Asst

Please contact 301-317-0541 or send resume to: slkmiller@comcast.net

ADMIN

Full Time Office Assistant for a Real Estate Team in Bethesda, MD.

- ****ABLE TO READ & WRITE SPANISH****
- Knowledge of Computerized Operations
- Energetic
- Articulate
- Great phone skills
- Career-oriented

Please fax your resume at 240-465-0078 or e-mail juan@longandfoster.com.

Administrative Assistant

Clark Realty Builders is seeking an Administrative Assistant for an office of approximately 30 in Herndon, FT job with excellent benes. Please fax resume to 703-787-2101

Administrative Assistant

The Washington Post is seeking an experienced Administrative Assistant reporting to the Director of Recruitment Advertising.

The responsibilities include event planning, scheduling, and extensive office administration. The successful candidate will be self-motivated, organized and confidential, and able to handle multiple tasks under the pressure of deadlines. **Experience in a marketing and/or sales environment is preferred.**

For more info please visit:
www.washpost.com

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Attn: HR/AAJOBS/CP
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Talentsearch@washpost.com

ARTS

FT&PT Box Office Asst needed.

PT: flex. sched. must accommodate eve. and wkend hrs. (25-30 hrs/wk); \$11.00-11.50/hr. FT: flex sched must accommodate wkday, wkend and some evening hrs (35hrs/wk) \$13.50-\$14.50/hr. Need organized, detail-oriented individuals to answer phone & process box office ticket sales. BA desirable w/1 yr admin exp., prefer in box office or theater. Knowl. of Word, Excel, & PASS ticketing software helpful. Send cvr ltr & resume to Folger Shakespeare Library, Attn: HR/PTBox or HR/FTBox, 201 E. Capitol St., SE, Washington, DC 20003-1094, jobs@folger.edu or visit our website at www.folger.edu. No phone calls please. EOE

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DARCARS

Automotive

Northern VA dealer is looking for an experienced T&T clerk. Email resume to va.dealer@hotmail.com

Banking

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OPEN HOUSE- November 14, 2006, 9am to 4PM, MANY OPENINGS!

Positions available in Prince George's County MD. Exact location for interview will be supplied to those selected at a later time.

We are seeking candidates for Full-time opportunities for the following positions:

TELLER

Performs teller functions with limited direction and may at the discretion of the Area Operations Manager be responsible for helping tellers in training, the vault custodian, and less experienced tellers in the efficient handling of customer needs. Also responsible for proactively recognizing additional financial needs of clients and referring them to other Branch personnel as required. Responsible for proactively managing the sales and referral process for the micro business clients assigned to the branch. **MUST HAVE CASH HANDLING EXPERIENCE!!!**

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Responsible for proactively initiating, developing, and managing long term, profitable relationships with an assigned client base. Manages existing assigned relationships to identify client needs and consultatively address them. Delivers superior quality service in person or by phone such that client needs are met on a consistent, positive basis. **MUST HAVE SALES EXPERIENCE!!!**

***Please APPLY ONLINE TO JOB # 189799 for further consideration.

***If you are not contacted to attend the open house on November 14, 2006, please visit our website at www.bbt.com and apply online via the careers section.

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Banking

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Marlow Hts. MD: Part time Tellers
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9001 Central Ave.
Springfield, VA: Part-time Teller
6314 Springfield Plaza

All positions require high-quality service, strong interpersonal and communication skills, and basic math aptitude. Previous cash handling preferred. Saturday and evening availability. All positions are detail-oriented financial industry positions. To apply, call (800) 793-4722 ask for option 4. For an application, or email resume and cover letter to ajob@co-ops.org. You may also complete, or return completed applications to any of our branch locations.

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City Job Openings
www.allfedjobs.com

Cleaning—For homes. Must have worked for maid service business. Exp., refs. M-F 8-4:30pm. 202-363-7036.

CNA—Exp, live in. Must cook. \$95-\$105. 301-306-1444.

Construction

CONCRETE KING

Cheverly, MD conc. const. firm seeking responsible, seasoned candidate to calculate concrete to yield resolution. Must be analytical & able to work w/little supervision. P.M. hrs req'd after shop drawings are completed. Great job for the right person w/high compensation. Fax resume: 301-925-4549

Construction

Demo Superintendent

Precision Demo looking for Demolition Superintendent. Exp. req'd. Good working environment. Salary depends on exp. Bilingual. Serious candidates call: 571-323-5000; or Fax resume to: 571-323-5001.

Construction—Heavy equip operators needed immed for PG Contractor. Specializing in heavy construction. 301-322-5190. EOE. M/F/V/D.

COUNSELORS

Youth/Recreation, Boys & Girls Group Homes, PG County, flex hrs. Fax resumes to 301-562-9377. EOE.

CUSTOMER SERVICE
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NEWSCOM, a world leader in web-based content is looking for a Customer Support Representative in our DC office. Duties include data entry, telephone inbound and outbound calls, complaint resolution, and basic technical assistance. Candidate must have three years customer support experience, with expertise in MS Access, internet Explorer and Outlook; proficiency in MS Word and Excel for PC. This is an evening shift position, noon-9pm, but hours may vary according to need. EOE. Candidates should send a cover letter and resume to Sales Manager, NewsCom at: careers@newscom.com <mailto:careers@newscom.com>

CUSTOMER SERVICE

FT at health care center, Alexandria, VA. Mon-Sat. Great team & pay. Free continuing education. Must apply in person. Call now! 703-354-7336

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

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Modern specialty dental office seeks outgoing, energetic, FT assistant. Phone skills required. Many benefits. Near metro. Call 202-466-8256.

DRIVE - deliver and make \$\$\$. A courier co in MD needs couriers with **Cars, Vans/PU Trucks and Bikers with Mopeds.** Call: Sabrina 301-656-4086 (Monday - Friday).

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PT eves & wknds. VA/DC/MD. \$18-\$20/hr. Springfield 703-550-7200

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Our drivers load Washington Post trucks and deliver bundles of newspapers (up to 60 lbs.) to locations within a 50 mile radius of our Springfield, VA & College Park, MD plants. Drivers work 4-6 shifts per wk and 4-5 hrs per shift. Applicants must be available for all shifts, including Friday, Saturday and Sunday nights.

Requirements:

- Valid Class 'A' CDL;
- Zero points on your current driving record;
- Knowledge of the Washington Metropolitan area;
- 2-3 years of driving experience.

If you meet these and are interested in a great opportunity, **send a resume & a RECENT copy of your current driving record to the address below.**

The Washington Post

ATTN: HR/DRV/CP
1150 15th Street, NW
Washington, DC 20071
Fax: 202-912-3677

Driver

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Class B CDL, airbrakes, good pay. Fax resume & clean driving record: 202-554-0614.

DRIVER \$—A great opportunity for 4 professional couriers! If you own a Van or Pick-up Truck, please call **Dei 301-419-2626**. Commission + gas reimbursement and benefits offered.

DRIVER \$—A very busy NoVA courier company needs **drivers with car, van, truck and moped.** Comm fuel surcharge. Call **JC, M-F, 703.847.0637**, regarding our **\$300 sign-up bonus/benefits.**

DRIVER \$—A very busy NoVA courier company needs **drivers with car, van, truck and moped.** Comm fuel surcharge. Call **JC, M-F, 703.847.0637**, regarding our **\$300 sign-up bonus/benefits.**

DRIVER \$—An immediate opening for Independent Contractors with **cargo vans for route** deliveries in DC/Baltimore area. Ask for **Dick/Carl @ 301-623-0250.**

DRIVER \$—Average \$800-\$1000 in weekly comm. We've raised our rates & need I/C's w/own Van, Car or covered & uncovered pick-up Trucks for routes and local deliveries. **Call Joe today 703-662-2218.**

DRIVER — BUS DRIVER. P/T, 20-30/hr/wk, up to \$16/hr. AM/PM school run CDL w/B/C Class and P end. Call 202-636-9203

Drivers—CDL Class A & B needed immed for PG County contractor. Dump trucks & various other trucks. 301-322-5190. EOE. M/F/V/D.

ELDERCARE — Night (FT) & Weekend Caregivers (PT) needed. CNA/Medical Training pref'd. NS. Gaithersburg. 301-854-6280/301-805-0771.

Electricians

The Senate Office Buildings, Architect of the Capitol, is seeking to fill several temporary electrician position vacancies for various projects. Our requirement is journeyman level electricians who can install, repair, assemble, and maintain electrical equipment. Reviews wiring diagrams and electrical maintenance manuals, plans, lays out and installs complete electrical wiring jobs. Measures, cuts threads, bends, assembles and installs conduits, wiring, couplings, fittings, relays, controls and distribution panels. Installs and connects outlets, panels, transformers, and switch boxes, and test circuits for continuity and proper connections. Selected individuals will be expected to follow applicable safety practices in the performance of assigned duties. The temporary appointment will be for approximately 4 months and will be terminated at the completion of the project. Salary range: \$20.48 - \$39.61 per hour.

To apply please fax resume to Teresa McDonald, Management & Program Analyst, Immediate Office of the Senate Superintendent at (202) 224-8140. Applications will be collected November 1 thru December 1, 2006.

Fitness - Personal Trainers — wanted for group classes. Must have knowledge & exp in exercise & fitness. Please call Elizabeth 202-547-7906
Gl Jane Bootcamp.

Floor Covering
(Carpet) Installers

The Senate Office Buildings, Architect of the Capitol is seeking to fill two temporary carpet installer position vacancies for various projects. Our requirement is journeyman level carpet installer installs and repairs a variety of broadloom carpets (and pads) and carpet tiles, measures rooms (and halls, etc. Measures and cuts to fit spaces and makes patterns and designs. Lays out and lines up. Ties in among and between rooms/halls. Ensures proper alignment of direction materials. Fastens with glue or tacking strips, stretches carpets and kicker; seams with seaming iron; binds with binding machines and double stick installations. Also must have full knowledge of all carpet stretchers. Selected individuals will be expected to follow applicable safety practices in the performance of assigned duties. The temporary appointment will be for approximately 4 months and will be terminated at the completion of the project. Salary: \$18.40 - \$21.40 per hour.

To apply please fax resume to Teresa McDonald, Management & Program Analyst, Immediate Office of the Senate Superintendent at (202) 224-8140. Applications will be collected November 1 thru December 1, 2006.

General Jobs - Airport Services

Equipment Operators needed at Dulles Airport to operate large Vacuum Trucks. Seasonal part-time-morning, afternoon and evening shifts available. 12.50-14.50/hr and storm bonuses. Call Inland Tech., (703) 572-7843

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CALL 301-283-3816; FAX resume: 301-283-0771. Must have min. 3 yrs. exper. own truck is a plus.

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SHELVING INSTALLERS wanted for local hourly/contract work. Pay based on experience and skill level. Call 301-649-5600.

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LEGAL

PATENT SECRETARY

Alex Old Town N. IP law firm seeking FT experienced Patent Secretary w/excellent computer, communication, grammar, typing & organizational skills for partner. Min. 2 years IP experience desired in all phases of patent prosecution practice. Benes incl medical, 401k, free parking in building, salary DOE. Send resume to 703-683-1080 or email: hr@baconthomas.com.

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Interested in establishing a dual career or a potential career change into finance/mortgage? Oppty to earn \$1K+/mo. to \$100K+/yr. No exp. needed. Training. Commission based. Flex hrs. Northern VA. Call 703-918-4910. Fax resumes 703-918-4911.

Loan Officers and Loan Processors

Need experienced senior loan officers and processors. Fax resume to 301-439-0514 or call 301-931-3701 Greenland Mortgage.

LOAN ORIGINATOR

Work from home as a certified Loan Originator for DC Metro area. Call 866-253-3257.

MAINTENANCE CHIEF

Building Engineer

The Phillips Collection seeks a Building Engineer with 5 yrs. building maintenance exper. Must possess a DC 3rd Class License, Universal CFC, HVAC, with exper. in building automation systems. Supervisory and organizational skills. H.S. Diploma and valid driver's license req'd. Competitive pay and benefits. **To apply, FAX 202-319-0070 or EMAIL: mjcurrier@phillipscollection.org**

Maintenance—Rkville apt. complex. Major plumbing or HVAC or general repairs. Many positions. Ind. contractors welcome. 301-948-0087.

MARKETING MANAGER

Fast-growing specialized information publisher in Bethesda, MD seeks experienced marketing person to manage a variety of projects, including direct mail, email and web-based campaigns. Must be organized, a strong writer, have computer and graphic skills, a Bachelor's degree, and at least three years relevant experience. Great salary and benefits at exciting firm. Send cover letter and resume to marketing@imfpubs.com.

Mechanic—Needed immed for PG County heavy construction contractor. Must have Diesel equip exper. 301-322-5190. EOE. M/F/V/D.

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Come and join our TCU unit! You will be a vital part of the management team as you utilize your clinical expertise and leadership skills. Candidates must have exp. in Med/Surg., Rehab, or Geriatric Care Nursing. We offer competitive salaries and excellent benefits. Must possess RN license in state of MD. Check us out on www.asbury.org. Send resume to mdeutsch@asbury.org, or fax to 301-216-5747. EOE

Project Development

Dir. of Project Development

Arlington, VA; Plan, direct, and coordinate management of telecommunications and energy projects in the China market; direct project development staff and consultants in Virginia and Beijing offices; lead project account financial management; support research and assist president with development of new clients and liaise with ongoing clients; frequent travel to China; Min reqs: MBA and at least 1 year of telecommunications business development experience in China market. Send cover letter and resume to Barry Mauck, IHS International LC, 2300 Clarendon Blvd, Suite 1001, Arlington, VA 22201; Fax (703) 807-4196, IHS@aol.com.

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JOBS



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When: **Thursday, November 9, 2006**

Where: **Access Worldwide,
6505 Belcrest Road, Suite 100
Hyattsville, MD 20782**
Time: 3:00pm-7:00pm

When: **Thursday, November 16, 2006**

Where: **Access Worldwide,
1820 N. Fort Myer Drive, Suite 300
Arlington, VA 22209**
Time: 11:00am-3:00pm

Attire: Business Casual
(No Jeans or Athletic Wear)

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We are looking for you!

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Sibley Memorial Hospital
5255 Loughboro Road, NW • Washington, DC 20016
HR: 202.537.4750 • EOE

Physician

Internal Medicine. Interest in HIV. Spanish speaking a plus. Dupont Circle. Email CV: lyding@mac.com or fax 202-667-0532.

POLICE OFFICER

\$36,924 to \$39,086 (1/1/07) base w/holiday pay. Take-home car & benefits. MPCT certified only. Contact Chief Patrick Murphy, Berwyn Heights PD, 301-474-6554.

Painters

The Senate Office Buildings, Architect of the Capitol is seeking to fill temporary painter position vacancies for various projects. Our requirement is journeyman level painters who can apply paint to the interior and exterior surfaces of the offices, corridors, stairwells, and trim. Prepares surfaces by removing old paint by scraping, sandpapering, or applying paint remover. Applies coating materials using standard trade devices including brushes, rollers and spray guns. Refinishes doors, baseboards, floors and interior trim to each of the offices. Prepares surfaces, smooths surfaces, evens out dents, and treats surfaces. Prepares and applies coating materials using accepted trade devices. Needs to be able to finish, patch and repair drywall surfaces. Selected individuals will be expected to follow applicable safety practices in the performance of assigned duties. The temporary appointment will be for approximately 4 months and will be terminated at the completion of the project. Salary range: \$19.39 - \$27.87 per hour.

To apply please fax resume to Teresa McDonald, Management & Program Analyst, Immediate Office of the Senate Superintendent at (202) 224-8140. Applications will be collected November 1 thru December 1, 2006.

PHYSICAL THERAPIST - PT

Good salary. For PT-owned practice. Rockville/Gaithersburg area. Hrs: 8am-12pm. Call 240-441-5544

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Plumbers

The Senate Office Buildings, Architect of the Capitol, is seeking to fill several temporary plumber position vacancies for various projects. Our requirement is a journeyman level plumber who can perform duties relating to installation, modification and repair of supply, disposal, and utility piping systems and equipment. Plans and lays out the needed routing, placement, slant, slope and fall of systems. Repairs sewer and water lines, fittings and fixtures. Measures, cuts, threads, bends, assembles, lays out or hangs pipe, matches flanges of adjacent assemblies, fits in gaskets and seal joints. Assembles, hooks up, seats, seals, and tests systems and equipment for proper operation, flow, drainage, and sanitary conditions. Selected individuals will be expected to follow applicable safety practices in the performance of assigned duties. The temporary appointment will be for approximately 4 months and will be terminated at the completion of the project. Salary range: \$20.48 - \$39.61 per hour.

To apply please fax resume to Teresa McDonald, Management & Program Analyst, Immediate Office of the Senate Superintendent at (202) 224-8140. Applications will be collected November 1 thru December 1, 2006.

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Fairfax County—\$1675, 10492 Malone Court, Townhome, 2000 sf, 3 br, 2 ba, 2 1/2ba, 3 Fls, small dogs allowed, Walking distance to GMU, HS, and middle school, dw, nr pub transp, newly ren, new carpet, wd, hw flrs, fp, 7034052284

FAIRFAX/Penderbrook—Lovely 3 lvs TH, w/2BR, 3 1/2BA, 3 lvs, lge deck off kit, FR w/frpl on walk out lwr lvl, pools, tennis, golf course, clubhouse, fitness ctr incl in rent, great loc, \$1700/mo. 703-549-4207

FAIRFAX—TH to shr, wlk to Vienna Metro. fncd yd, priv BA, pets ok, N/S M/F \$850+1/2 util 703-568-0452

FALLS CH—1BR with W/D in unit, 2 balc. Reserved prkg, easy DC commute. In/out pool. 24/7 concierge. \$1250/mo. 703-845-1620.

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Monticello Gardens Apts

1BR from \$1010

2BR from \$1300

All utilities incl. No Security Dep.
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Forestville—1 bdrm \$819, 2 bdrm \$964 + electric. Includes CAC, W/D inside unit, D/W, w/w cpt. Immediate & future occupancy. Please call: **Parkland Village Apts 301-735-2322**

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Forestville

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\$35 application fee required

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JOBS

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GALLUDET U—2BR, \$850 + utls. 4-unit bldg. Sec 8 ok. 202-397-3419

Georgetown—\$3,879 1802 35 st, FUR, RENVTD Sgle Fmly Hse, 3 br, 2 ba, Prkg, Grdn, Deck, cf Kithn, hw flrs, Atrium 917-815-1205

GREENBELT—1BR condos, \$1200. Long & Foster agent, Ms. Stokes, 240-882-2323

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HYATTSVILLE—\$300 Off 1st Month's Rent!

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Call Margaret 301-209-7019.

Capital City Prop. 202-686-5500.

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Southeast—\$2100.00, 1628, 27th St, New Townhome, 4 br, 2 ba, 1 1/2ba, dw, ww carpet, wd, 301-996-6277

SPRINGFIELD—N/S M/F for 1BR apt attach to SFH w/pvt entry, kit, FBA, LR. W/D not incl. 1 mo rent dep. Nr metro/395/495/FX Co Pkwy/shops. \$750 utils incl. 703-589-8758.

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2BRs from \$925

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3BR 2 full, 2 half BA, TH. Call Irene 703-926-0269 or Vanita 703-560-6408 Lawrence Wu Realtor

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ARL—Furn. BR Nr Ballston. \$700+ 1/3 util/CATV & internet. M/F to shr, N/S, no pets. 703-802-0257

ARL—Shr hse. Walk Ballston Metro. Immed. Rms \$595. Rm \$675, Rm/BA/entry \$795 + Util. 703-599-7572

ARLINGTON N—Female, furnished Bedroom. \$650/mo utils incl. N/S N/P. 703-532-9381

Ashburn—Female wanted. 1bd in 3vl TH, share bathroom with one lady; ez parking utli included +cb inet call. 703-973-9582

ASHBURN—Furn'd BR for rent in shared SFH, \$500/mo, walk to month lease, all utils incl. 703-729-1851

BETH/MONT MALL/NIH—M/F prof. shr SFH. quiet neighb. N/S. Avail immed. \$600/mo. 301-221-5984

Classifieds

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BRYANS RD/Indianhead—5BR, 2.5BA, Avl immed. \$2250 mo. 301-641-9591 Barry or Cheryl

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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Skulls

Oklahoma company is in the business of cleaning skeletons

On one table, a worker places the final touches on a human skeleton, with the head still separated from the rest of the bones. In another corner sit three large whale skulls, one weighing about a ton.

Nearby, another worker carves flesh, muscle and other tissue off a bear skull. Enter an adjoining room, and one is greeted with the sight of aquarium tanks full of dermestid beetles swarming over animal skulls, eating the last bits of tissue left on the skull bones.

Then there's the distinct, yet difficult to describe, smell that permeates the building — think something between a slaughterhouse and rotting meat. No Halloween haunted house has anything on the people who work at Skulls Unlimited International, an Oklahoma City company that bills itself as the world's leading supplier

“I’ve been waist-deep in a dead hippopotamus, and I’d rather do that than change diapers.”

ERIC HUMPHRIES
SKULLS UNLIMITED

of osteological specimens.

“If I don’t want to talk to [other people], I tell them I manage a museum exhibit company,” said Eric Humphries, who’s worked at the company for 14 years. “If I want to talk to them, I tell them I clean skulls and skeletons for a living.”

Jay Villemarette, the company’s founder, dates his fascination with skulls to his youth, when he found a dog skull in some woods. His interest in skulls and science grew through his high school years in the Oklahoma City suburb of Moore.

When his job as an auto body mechanic ended in the mid-1980s, he decided to turn his hobby of cleaning skulls into a business. Skulls Unlimited began in 1986 in the kitchen of his home, where he would boil skulls — a process that helped remove attached tissues — on the family stove. He said that

INSIDE

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Bikini Babe: Kirstie strips for Oprah | **42**



BONING UP: Human skulls are just part of the collection of Skulls Unlimited, which cleans the remains of dead animals, too.

The Bone Ranger

didn’t exactly thrill his wife, but the success of the business eventually allowed her to stay at home with the couple’s four children, two of which work with their father.

Skulls Unlimited takes skulls and skeletons — human and animal — strips them of tissue, sanitizes them and sells them. Almost all of the company’s business in human bones

comes from museums and educational groups, with prices starting at \$349 for a human skull to \$3,700 for a full skeleton.

“We’re probably one of the few suppliers in the country that has real human skulls,” Villemarette said.

The process isn’t for the squeamish. Once a set of bones arrives at the company, workers carve off as

much tissue as they can by hand. Then the dermestid beetles do the rest. Villemarette gladly removes one tank in which the bugs are feasting on tissue that remains on the skulls of two alligators, two dogs, a grizzly bear and a gazelle.

Flies can be a problem around the skulls, as a fly strip loaded down with the dead pests attests. Biohazard signs are numerous, as skulls in various states of preparation lie scattered on the floor. Naturally, the question arises about the facility’s unique aroma.

“I’ve been waist-deep in a dead hippopotamus, and I’d rather do that than change diapers,” Humphries said. “You always notice [the smell], but you do get used to it.” MURRAY EVANS (AP)

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Electric Currents

Power

Energy companies tap the seas as a new source of electricity

In the quest for oil-free power, a handful of small companies are staking claims on the boundless energy of the rising and ebbing sea.

The technology that would draw energy from ocean tides to keep light-bulbs and laptops aglow is largely untested, but several newly minted companies are reserving tracts of water from Alaska's Cook Inlet to Manhattan's East River in the belief that such sites could become profitable sources of electricity.

The trickle of interest began two years ago, said Celeste Miller, spokeswoman for the Federal Energy Regulatory Commission. The agency issues permits that give companies exclusive rights to study the tidal sites. Permit holders usually have first dibs on development licenses.

Tidal power proponents liken

“It puts us on a path to commercialization, and we think eventually costs will fall really fast.”

TREY TAYLOR
VERDANT POWER

the technology to little wind turbines on steroids, turning like windmills in the current. Water's greater density means fewer and smaller turbines are needed to produce the same amount of electricity as wind turbines.

After more than two decades of experimenting, the technology has advanced enough to make business sense, said Carolyn Elefant, co-founder of the Ocean Renewable Energy Coalition, a marine energy lobbying group formed in May 2005.

In the last four years, the federal commission has approved nearly a dozen permits to study tidal sites. Applications for about 40 others, all



Verdant tests a prototype of an electricity-generating water turbine on the East River.

filed in 2006, are under review. No one has applied for a development license, Miller said.

The site that is furthest along in testing lies in New York's East River, between the boroughs of Manhattan

and Queens, where Verdant Power plans to install two underwater turbines this month as part of a small pilot project.

Power from the turbines will be routed to a supermarket and parking

garage on nearby Roosevelt Island.

Verdant co-founder and President Trey Taylor said the six-year-old company will spend 18 months studying the effects on fish before putting in another four turbines. The project will cost more than \$10 million, including \$2 million on fish monitoring equipment, Taylor said.

“It's important to spend this much initially,” Taylor said. “It's like our flight at Kitty Hawk. It puts us on a path to commercialization, and we think eventually costs will fall really fast.”

With 12,380 miles of coastline, the U.S. may seem like a wide-open frontier for the fledgling industry, but experts believe only a few sites will prove profitable. The ideal sites are close to a power grid and have large amounts of fast-moving water with enough room to build on the sea floor while staying clear of boat traffic.

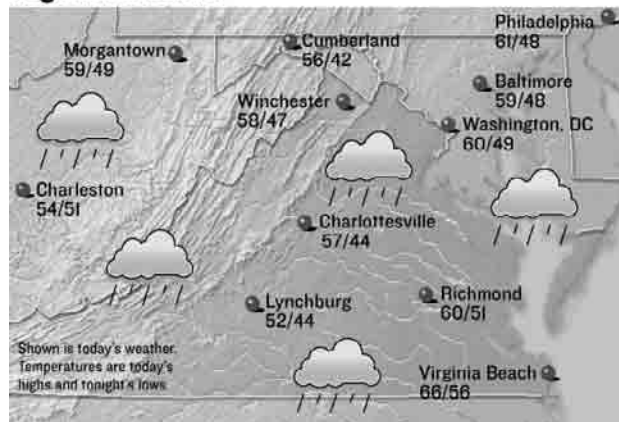
“There are thousands of sites, but only a handful of really, really good ones,” said Roger Bedard of the Electric Power Research Institute, a nonprofit organization in Palo Alto, Calif., that researches energy and the environment.

“If you're sitting on top of the best scallop fishing in the world, you can't put these things down there,” said Chris Sauer, president of Ocean Renewable Power Co. in Miami. JEANNETTE J. LEE (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy, afternoon shower	Cloudy, rain	A chance of morning showers	Partly sunny	Mostly sunny	Mostly cloudy
60°	49°	65° / 54°	72° / 50°	64° / 46°	60° / 47°

Regional Weather



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Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	54°
Low	40°
Normal high	61°
Normal low	43°
Average humidity	62%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.38"
Normal month to date	0.60"
Year to date	41.43"
Last year to date	39.12"
Normal year to date	33.87"

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Regional Forecast

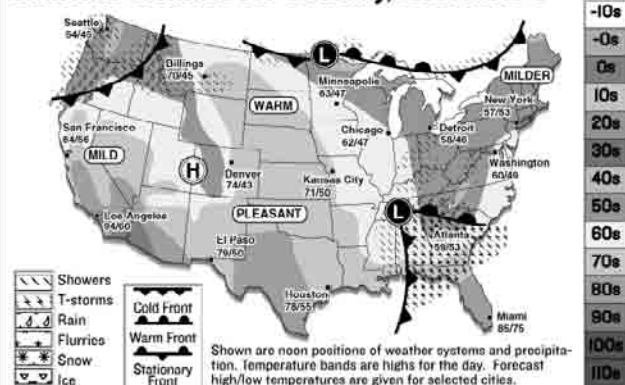
D.C. Metro: Today, mostly cloudy, afternoon shower. High 60. Wind south-southeast 4-8 mph. Tonight, rain. Low 49.

Sun and Moon

Sunrise today	6:42 a.m.
Sunset tonight	5:02 p.m.
Moonrise today	6:25 p.m.
Moonset today	9:21 a.m.



National Weather for Tuesday, November 7



National Cities

City	Today	Wed.
Atlanta	59/53/t	69/53/c
Boston	58/50/c	60/52/r
Chicago	62/47/c	68/46/pc
Dallas	79/53/s	81/60/s
Denver	74/43/s	72/40/pc
Honolulu	88/76/s	87/74/pc
Los Angeles	94/60/s	78/60/pc
Miami	85/75/t	85/66/c
New York City	57/53/c	60/55/r
Orlando	84/68/t	80/60/pc
Seattle	54/45/sh	51/39/c

World Cities

City	Today	Wed.
Amsterdam	56/46/pc	55/45/pc
Athens	64/52/pc	66/54/s
Berlin	56/36/pc	55/45/pc
Buenos Aires	70/48/s	72/52/s
Calgary	43/32/c	37/23/c
Dublin	57/50/sh	54/37/sh
Geneva	62/36/s	61/40/pc
Moscow	28/28/sf	36/27/sn
Rome	66/45/s	68/48/s
Sydney	62/56/pc	64/54/pc
Tokyo	66/44/pc	63/50/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOKout

Beauty



Gloss Over Beauty

There's almost nothing bad to be said about **BENEFIT'S V.I.P. LIPGLOSSES** (\$26, benefitcosmetics.com). Almost. The six colors are subtle; the glosses are minimally sticky. The catch: Two colors share an applicator, meaning you'll have pink gloss on one end of a tube and purple on the other side. So beware, when you go to twist the lid off, you may accidentally twist the wrong tube and stab yourself with the applicator. And no matter how subtle the color, you don't want to wear it on your clothes. **FIONA ZUBLIN (EXPRESS)**

Beauty



Hair Today, Tomorrow

The bushy brow is back! **OSMOTICS NUTRILASH** (\$38, osmotics.com) is a vitamin-and-mineral goop in fun, syringe-like applicators. It says it'll thicken lashes and over-plucked brows. So we tested it on really thick brows, hoping for a Wolfman effect. This did not happen. But, weirdly, mascara clumped less after use. **HOLLY J. MORRIS (EXPRESS)**



SLIP 'N' SLIDE: The Add Magic Lubricant (\$16, bootyparlor.com) bottle will blend in on your dresser.

GRAVY BOAT O' LOVE: This Massage Candle (\$34.50, pureromance.com) looks to satisfy two kinds of hunger.

SUGAR AND SPICE: The Booty Parlor Crusin' for a Bronzin' body dust (\$28) tastes just like cinnamon toast.

GET SAUCY: Booty Parlor's Melt Chocolate Fondue (\$12) is edible and safe for skin — though not for your sheets.

Mix sweet and spicy with new products for both bod and bed

Over the past few years, trends from suggestive T-shirts to lower-back tattoos have liberated nice girls from their faux puritanical natures. Naughtiness now guilelessly stretches far beyond lacy lingerie. Thanks to a surge in saucy business ventures, there are now whole lines of sexy little frivolities that put the jest back in suggestive.

Last month, the Los Angeles-based beauty company Booty Parlor launched in Victoria's Secret stores nationwide, making their prettily packaged kinky products like Add Magic Lubricant, Melt Chocolate Body Fondue and "Crusin' For A Bronzin'" edible Dust Up mainstream. What's polite about these mischievous products is that they still look nice and discreet.

Along that same hush-hush vibe,

Naughty and Nice

File Under Fad

Pure Romance recently came out with Pretty in Pink, a toy-size, "massager" that looks kind of like a bubblegum pink, 1980s Epilady-slash-music device of some sort. Basically, it doesn't scream what it really is, so you can feel a little bit more comfortable about keeping it at the back of your nightstand drawer — it won't roll forward should someone haphazardly open it looking for your, uh, rosary beads.

Pure Romance also has a soy candle in a silver vessel (like the kind you use to pour a sauce at dinner) that, when lit, melts into massage oil. Yes, the oil is hot, but not so hot you have to worry about being burned or burning someone else — it's a nice scalding, not a wicked one.

If you seriously can't see yourself using any of these things, then you should just get a silk Coco de Mer blindfold. You don't even have

to say a word.

If the sexcapades that these products might induce aren't athletic enough, there's always the Peekaboo Pole Dancing Kit (\$120, peekaboopalace.com). The U.K.-based company put together a spring-loaded three-piece pole to set up in the home. Pole dancing has become the exercise of choice for all kinds of lasses, from celebrities to mommies, and even a combination of both (Kate Hudson has three poles in her house).

Now that it's possible to take lessons at gyms and dance studios, the thinking behind this product is that there is no reason someone should feel uncomfortable about expressing her inner stripper in the comfort of her own home — especially when she can easily take the pole down and shove it under her bed when her in-laws come over for Sunday brunch. The site also offers lap dancing and strip poker kits.

See how nice it is to be naughty?

ERIN SKRYPEK (FASHION WIRE DAILY)

Look out Online

from readexpress.com

Where to Watch the Election

POLITICS | Forget the Redskins, the Nats and the Caps. The biggest sport in this town is politics. So why sit at home by yourself watching election night returns, with only CNN or Fox News to keep you company? Gather up some friends and head to any of these local joints for the big game.

→ **THE HAWK 'N' DOVE:** This popular bar on the House side of the Hill promises MSNBC and CNN on 16 TVs and two beer specials for election night fodder at this mostly Democrat hangout. 329 Pennsylvania Ave. SE; 202-543-3300. (Capitol South)

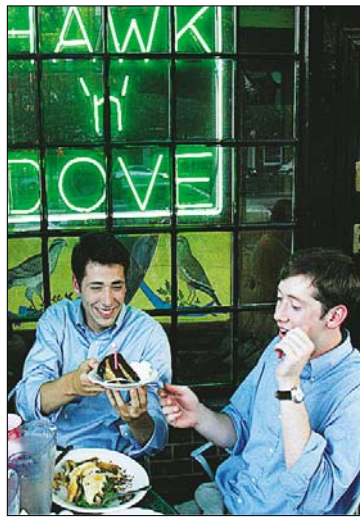
→ **BUSBOYS AND POETS:** The coffeehouse and bar in the U Street neighborhood is hosting an open

mic poetry night, but will be showing election results on the TVs as well. Because nothing beats politics and poetry. 2021 14th St. NW; 9 p.m., \$2; 202-387-7638.

→ **CAPITOL CITY BREWING COMPANY:** Several groups including the Human Rights Campaign and National Black Justice Coalition are heading to the brewpub near Union Station to watch election returns. Drinking Liberally Alexandria is taking over the Shirlington location of Cap City.

Shirlington: 2700 S. Quincy St.; 7 p.m.; (703) 578-3888.

Capitol Hill: 2 Massachusetts Ave. NE; 6:30 p.m., \$10 suggested donation; 202-842-2337. (Union Station)



Capitol Hill's Hawk 'N' Dove is an exciting spot to watch vote tallies come in.

→ **LOUNGE 201:** This Senate-side Hill bar is going bipartisan with Red State and Blue State martinis. At the end of the night, the staff will count the sales and elect a martini winner. Results will air on the TVs in the back room. 201

Massachusetts Ave. NE; 202-544-5201.

→ **SMITH POINT:** The former Bush twins' hangout will be open this Tuesday, even though it's normally only open Thursday through Saturday. The bar will have a DJ and drink specials. 1338 Wisconsin Ave. NW; 202-333-9003.

→ **THE WAREHOUSE THEATER:** The Gallery Place theater hosts its annual Peace Show and the anti-Bush satire "Worst President Ever." After the event, election results will air on the TVs in the cafe. 1017-21 7th St. NW; "Worst President Ever" at 7:30 p.m., \$15; 202-783-3933.

KELLY DINARDO

→ Coming Up Today

Is election-watching not your idea of an exciting night out? Our Tim Follos offers "Get Out," an assortment of weekday evening activities to fill that entertainment wasteland between weekends.

? Poll Center

TODAY'S QUESTION

Did negative campaign ads sway your vote?

1. Yes
2. No

YESTERDAY'S RESULTS

Which party will control the Senate after the election?

Democrats **Republican**

53% 47%

As of 7 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRO RAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"Republicans will lose three spots in the Senate, but keep a 52-seat majority, while Democrats will net 22 seats in the House."

AVERAGEBLOGGER.COM HAS SPENT A LOT OF TIME ANALYZING THE ELECTION THIS PAST WEEK, AND IS OFFERING THIS FINAL PREDICTION BASED ON HISTORICAL AVERAGES WHEN HOUSES SWITCH PARTIES.

Neighborhood Watch

"After being yelled at for trying to get home through the police tape, I ran into another cop digging through dumpsters in the alley behind my building and asked him what was up: a broad-daylight stabbing on 14th Street."

AESTANFORD.BLOGSPOT.COM WAS CURIOUS WHAT HAD CAUSED SHUTDOWNS OF CLIFTON AND FLORIDA AVENUES MONDAY.

Must ... Find ... Spotlight

"Weep! Strike up a tiny viola for Christopher Hitchens! When invited to perpetuate that which should not be perpetuated, the man cannot help himself!"

DCEIVER.BLOGSPOT.COM, ON THE COLUMNIST'S INSISTENCE ON CONTINUED DEBATE ABOUT SEN. JOHN KERRY'S IRAQ COMMENT.



I Wanna Vote NOW

"I feel tense and nervous. The outcome of [Tuesday's] elections is so on the fence that I can only pray for good weather and bake banana muffins — I cannot work the polls this time around, so I will swing by with goodies for those who can."

MIDDLEOFTHEMELON.BLOGSPOT.COM IS OVERCOME WITH ANTICIPATION OF TUESDAY'S ELECTIONS, HOLDING HOPES OF DEMOCRATS COMING AWAY WITH LARGE GAINS.



We're Better, So Take the Night Off

"This is a team that if the Caps fall asleep on — which we've done way too much this season — can bury them. Whether the Senators break out of their funk tonight remains to be seen."

CAPSNUT.BLOGSPOT.COM THINKS THE CAPITALS SHOULD STAY WARY OF THE TALENTED OTTAWA SENATORS, PARTLY BECAUSE OF THE CONTINUED SUCCESS OF OTTAWA PLAYER BRYAN MURRAY.

Live Online

Election Fever

Washington Post chief political reporter **DAN BALZ** was online Monday at washingtonpost.com to discuss campaign ads and what's behind the politics leading up to today's elections.

Bill Clinton is everywhere in these last few days: Virginia, Rhode Island,



Wisconsin, New Jersey, Michigan, upstate New York, Arizona, Nevada, etc. Can you recall an ex-president who has been such an active

campaigner?

Clinton is everywhere, you're right. In a lot of states, Democrats are calling on him to generate more turnout among African Americans, but he's campaigning across the country. But some other Democrats are very active, as well, among them Sen. Barack Obama. On the Republican side, Sen. John McCain, [former New York City Mayor] Rudy Giuliani and [first lady] Laura Bush seem to be the most active — and welcomed in

places President Bush is not. As the election nears, races are tightening, some in favor of Republicans. This thing seems to occur every election cycle just prior to the big day. What's the cause? Undecideds finally making up their minds? Successful get-out-the-vote campaigns?

The size of the Democrats' lead in the generic has been very large all through the fall. One thing that may be happening is the Republican coalition finally has begun to coalesce. Normally that would have happened earlier, but there are clearly divisions among Republicans that have made that more difficult this year.

Although I consider myself a political junkie, I haven't willingly watched a campaign ad on TV in years. Most people I know would say the same thing. So, how are the huge expenditures justified in our age of mute buttons, remote controls and TiVos?

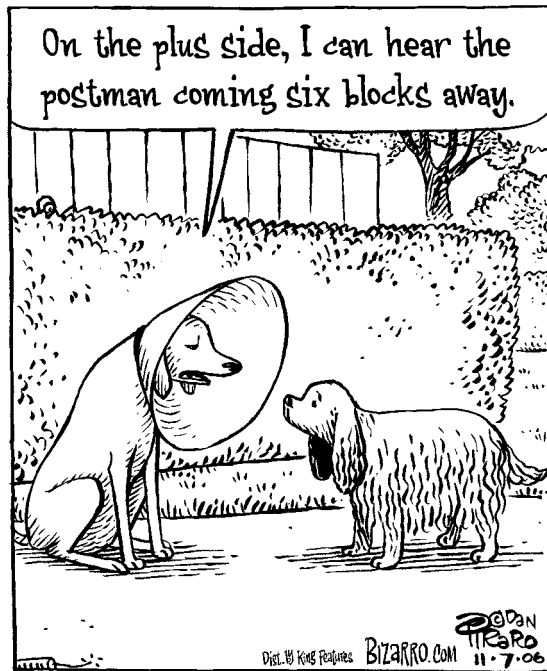
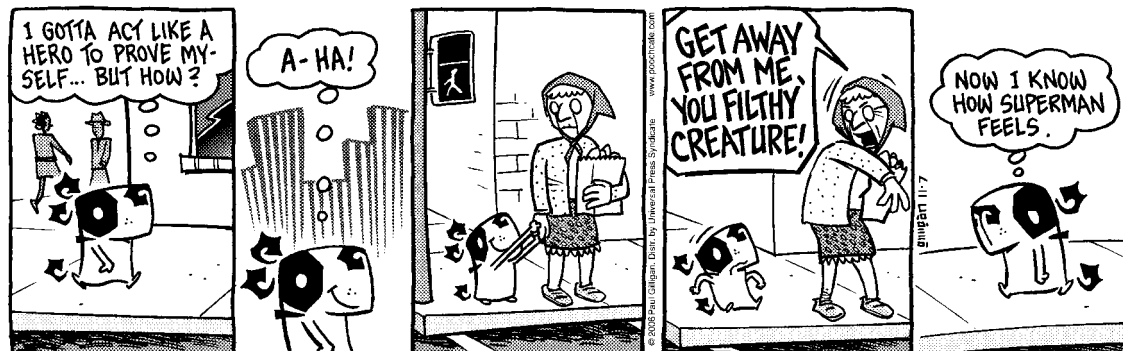
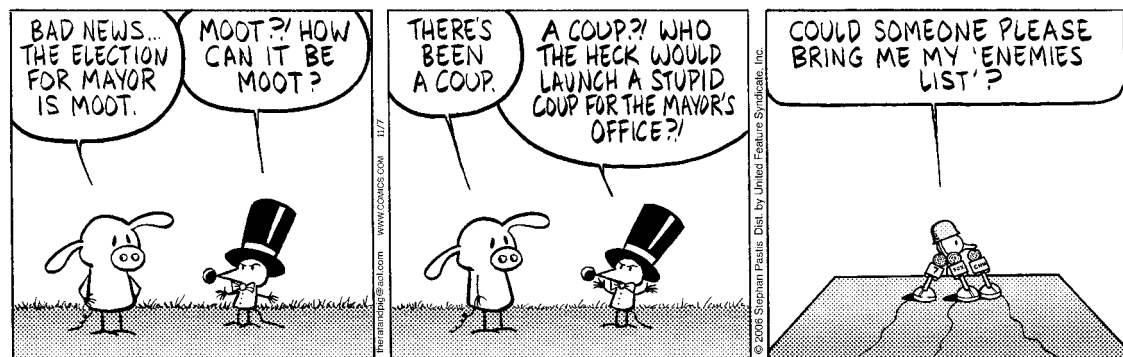
TV ads are less effective but still effective. Viewing habits are very fragmented, which means it takes more volume to break through. But TV still represents the biggest portion of any major campaign budget.

DON'T

WORRY ABOUT THE BLAST COLOR. Your homemade Star Wars blaster rifle won't actually shoot bursts of laser or whatever. But, if you still need more props for the Star Wars fan film you're shooting in your backyard, instructions are at Studiocreations.com.



TODAY ON LIVE ONLINE: Join columnist Marc Fisher beginning at 8 p.m. on election night to discuss the results in real time. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy

Cornered | Mike Baldwin


"Just ignore the bad spelling. You'll get us all accused of discriminating against people with learning disabilities."

Horoscope

By Stella Wilder

SCORPIO (Oct. 23-Nov. 21) This is a good day to enjoy some lighthearted revelry with those whose company you most enjoy. You may be requested to do something quite unusual.

SAGITTARIUS (Nov. 22-Dec. 21) You'll enjoy the opportunity to focus on something far more personal than anything you're currently working on in a professional vein.

CAPRICORN (Dec. 22-Jan. 19) You must use caution where business matters are concerned. Make sure you have all the information you need to make an informed decision.

AQUARIUS (Jan. 20-Feb. 18) You risk leading someone you care about quite astray — simply by acting in an impulsive, irrational manner at just the wrong time.

PISCES (Feb. 19-March 20) This is a good day for calling in old debts, and also for doing favors for those who have been there for you in the past. Much can be settled.

ARIES (March 21-April 19) You can enjoy taking greater risks where per-

sonal relationships are concerned. Who said you cannot say exactly what you are thinking?

TAURUS (April 20-May 20) While working on something for others, you can improve your own chances of success — and guarantee you'll be recognized for your efforts.

GEMINI (May 21-June 20) You must be more creative where love is concerned — and more willing to indulge in a flight of fancy. You can win a great prize.

CANCER (June 21-July 22) This is a good day for telling the truth — and a bad day for keeping the truth under wraps. Any effort to deceive others must be avoided.

LEO (July 23-Aug. 22) Productivity is on the rise. You'll find yourself in a position that affords you far more of a controlling influence than you've previously enjoyed.

VIRGO (Aug. 23-Sept. 22) You should be able to pick up where you left off yesterday, free from the kinds of restrictions that have held you back in the recent past.

LIBRA (Sept. 23-Oct. 22) Avoid self-indulgence at all costs. You'll threaten friendships to a degree, and make things difficult at home — unintentionally, of course.

Letters

Alcohol Isn't for Everyone

THURSDAY'S EXPRESS FEATURED "Red Wine Linked to Long Life" on its front page. Regardless of this oft-repeated study and its "outcome," the implication was outrageous. There are many folks

who either do not care for drinking (not me — Scotch, if you please!), or shouldn't imbibe. No amount of "study" can or should effect this change — alcohol is a drug and should be treated as such. Simply stated, some can dabble, others can't. Express issued a disservice in publishing this worthless study.

—EDWARD ABRAMIC
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1874 The Republican Party is symbolized as an elephant in a cartoon drawn by Thomas Nast in Harper's Weekly.

1917 Russia's Bolshevik Revolution takes place as forces led by Vladimir Ilyich Lenin overthrow the provisional government of Alexander Kerensky.

1940 The middle section of the Tacoma Narrows Bridge in Washington state collapses during a



Former first lady Eleanor Roosevelt died in New York City today in 1962.

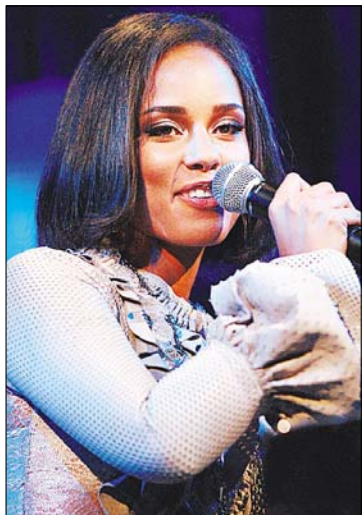
windstorm.

1962 Former first lady Eleanor Roosevelt dies in New York City.

SCOLDINGS

Alicia Leaves a Wake of Guilty, Sobbing Media Types

As more celebrities get involved in helping African nations, some cynics have questioned whether their motives are spurred by publicity. **ALICIA KEYS**, who is hosting her annual Black Ball charity concert on Thursday, says such criticism is unfair. "I think that's horrible, and I think that really degrades and tries to discourage people who do have a voice, who do have power, who do have money, who do have the ability to reach out to people," said Keys. "I think if you make a choice to do something positive, that shouldn't be diminished." (AP)



STEPHEN SHUGERMAN/GETTY IMAGES

In our defense, making fun of Madonna is what pays the bills and feeds the kids.

NOT AILING

Singer Beats Breast Cancer



MARIANNE FAITHFULL has made a full recovery from breast cancer and plans to resume a postponed world

tour, her spokesperson said Monday. Faithfull, a 1960s icon who once dated Mick Jagger, canceled her tour dates in September after being diagnosed with early stage breast cancer. Spokesman Rob Partridge said Faithfull, 59, had undergone surgery and was making "a rapid return to full health." (AP)

OBSESSIONS

India Is, Like, Yeah, Hey, Great, Make More Babies

Taking a break from shooting a movie about the life of Daniel Pearl, **ANGELINA JOLIE** spent the weekend in New Delhi in another role — as goodwill ambassador of the United Nations High Commissioner for Refugees. With son Maddox in tow, she toured an Afghan Sikh refugee camp, listening to children play religious music and chatting with students. (AP)



RAVEENDRAN/AP/GETTY IMAGES

Her ovaries are now known as the "Twin Stars of the Northern Hemisphere."



CHRIS POLK/AP

YEAH!

Zaftig Pride!

KIRSTIE ALLEY donned a bikini to show off her new shape on "The Oprah Winfrey Show," fulfilling a pledge she made about a year ago. Winfrey said Alley, who is 5-foot-8, has lost 75 pounds, after hitting a high of 220 pounds. To the sounds of the Commodores' "Brick House," Alley, 55, strutted onto the stage in a maroon bikini on Monday's show. She said she's also quit smoking. (AP)



JOEL NITO/AP/GETTY IMAGES

Imelda is totally DTM: Dyed to Match.

SIMILES

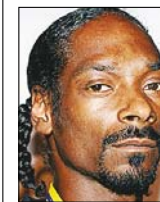
It's Like the Berlin Wall of Crazy: You Can Buy a Piece

Former Philippine first lady **IMELDA MARCOS**, who made headlines for her vast shoe collection, is embarking on a new project — a fashion line. The widow of dictator Ferdinand Marcos told reporters Monday she planned to launch "The Imelda Collection" of fashion jewelry and accessories on Nov. 18. (AP)

BATONS

Police Didn't Buy the 'I'm In a Marching Band' Excuse

SNOOP DOGG was booked Monday on one felony count of possession of a deadly weapon filed after security officers at John Wayne International Airport found a collapsible baton in his carry-on bag. Dogg turned himself over to authorities at the Orange County Jail on Monday. He was expected to post \$150,000 bail, said the district attorney's office. If convicted, he could be sentenced to three years in prison. (AP)



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LOOKout

Well-Equipped Students

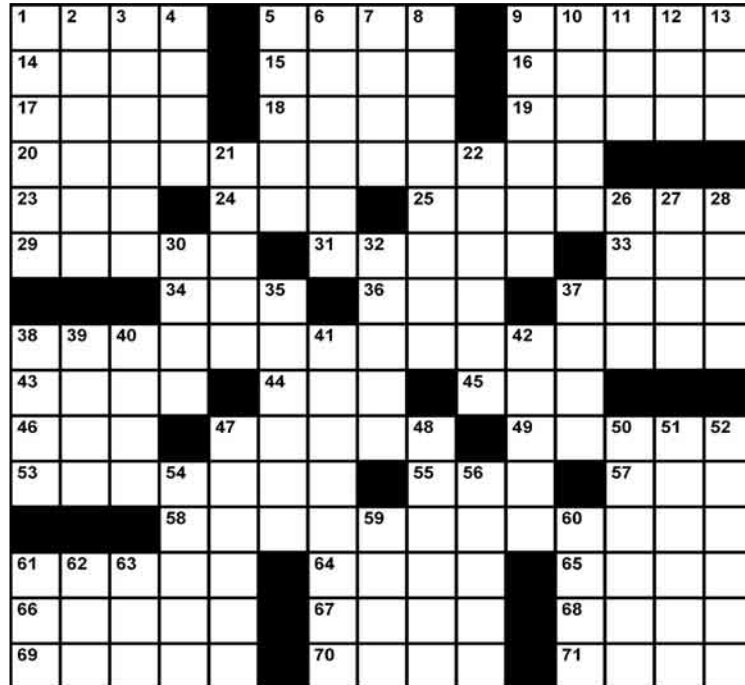
ACROSS

- 1 Slang for heroin
5 "How ___ is that doggie in the window?"
9 Secondhand tire
14 Salmagundi, e.g.
15 Word of exclusivity
16 Bring out
17 City east of Phoenix
18 Start of a Christmas poem
19 Moth-repelling wood
20 High school student's item
23 Genesis figure
24 Speech fumbles
25 Hailing from the Orient
29 Stopwatch button
31 Doesn't receive for nothing
33 It may be cast
34 Circle segment
36 Kennel command
37 Words with "new world record"
38 Middle school student's item
43 State of the union address?
44 Graph ending
45 Course deviation
46 Distant
47 Change for the better
49 Stumbling blocks
53 Insect catcher

- 55 Behave in a certain manner
57 ___ culpa
58 Elementary school student's item
61 Mississippi marsh
64 Miles from Hollywood
65 They may be liberal
66 Uses a plane, e.g.
67 School since 1440
68 Buck or roebuck, e.g.
69 Conical shelter
70 Position
71 Rosebud, famously

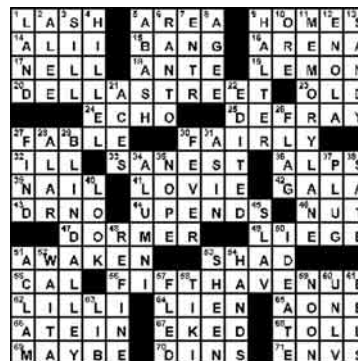
DOWN

- 1 Gloomy
2 Split asunder
3 They're found in churches and theaters
4 World Cup announcer's cry
5 Kind of boat
6 Ill-advised
7 The Hatfields, e.g.
8 Delirium
9 Grade school break
10 Happening
11 Fish sticks fish
12 Police blotter word, perhaps
13 For every
21 Dish in the lab



- 22 Food storage room
26 Earthly paradise
27 Ceremonial act
28 Word with "miss" or "catastrophe"
30 Every one
32 Ghostly white
35 Dramatic high point
37 Darned right?
38 Dragon of song
39 Roster ender
40 Not one, to Jethro Bodine
41 Bypass, in a way
42 Naples staple
47 Stir to action
48 Wrinkle-resistant fiber
50 Indifferent to right or wrong
51 Having a soft touch
52 Talked back to the teacher
54 Steak order
56 Gadget for an old car
59 Goat cheese
60 Candied items
61 Ante matter?
62 Caesarean salute
63 "Durn tootin'!"

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution

4	9	5	8	3	1	6	2	7
2	8	1	4	6	7	3	5	9
3	7	6	5	9	2	1	8	4
1	3	4	6	2	5	9	7	8
9	6	7	1	8	4	5	3	2
5	2	8	3	7	9	4	6	1
8	4	2	9	5	6	7	1	3
7	5	9	2	1	3	8	4	6
6	1	3	7	4	8	2	9	5

8			9		6	7		3
		6		5		2	4	
	3	9			8			
2			3		9			6
		5			4	3		
6	7			3		1		
	9	3		6				7
5								

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

express

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Thursday, November 16, 2006, 5:00PM - 8:00PM
National 4-H Youth Conference Center
7100 Connecticut Avenue
Chevy Chase, MD 20815

Participants should wear shorts or skirts for screening.
Registration is required and space is limited.



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www.gethealthylegs.com



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NUTRITION

Beat Up Big Macs



The 'Fast Food Nation' scribe on Chipotle, E. coli and his new movie | **E7**

GOODS

Muff Enough



Ear warmers for frosty nights; the newest fitness fad from China and more | **E3**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | NOVEMBER 7-13, 2006

THIS TIME, IT'S

PERSONAL!

Training studios
let clients grunt
in private | **E4**



GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Coaxing a Moody Boyfriend Out of His Shell

Q I've been living with my boyfriend, "Matt," for more than a year, and things are good. There's one hitch: "Matt" doesn't deal with stress very well, and his job is the sole source. He'll shut himself in his room and barely speak. His sex drive plummets. He won't do anything but play video games and watch TV. Sometimes this will last for a couple of weeks. Then he'll do a complete 180. He says it has nothing to do with me, and that when he's stressed he needs to "go into a shell." I've mentioned counseling, but he's not open to it. We're talking about getting married, and if he needs help, that's fine — we'll deal with it together. But I'd like to know what I'm getting into.

— CONFUSED IN ARLINGTON

"Going into a shell" can be normal and healthy when it involves things



ERIC REECE

like long walks or lying down and listening to music for an evening. Your boyfriend's techniques, however, sound more like "going into an escape pod."

Everyone's mood fluctuates. But when the downs last a few weeks at a time and involve a total change

in personality and daily functioning, it's something more. It could be a depressive episode, it could be that he desperately needs a job that doesn't stink, or it could be anything in between.

The biggest problem, though, is how hard it's been to get your

boyfriend to understand how much this affects you. I can get over it (after some loud sighing) when someone says they're "not open to" counseling — after all, some of us therapists do scary things like talk about emotions. But for him to just brush off behavior that lasts for weeks at a time with apologies but no effort to change — has he even thought about searching for a new, less stressful job? — is a bad sign.

You sound very supportive, patient and considerate. Now it's time to decide how long you're willing to put up with his not returning the favor. Many people who have bouts of "down" times are living out happy marriages, but they haven't done it by refusing to try to make it easier for their mates.

Q My fiancé's high school reunion is coming up, and he and his buddies are excited (they grew up about 30 miles from D.C.). He wants me to go, but I know his longtime ex-girlfriend will be there and, believe it or not, this would be the first time we've met. Is it bad that I'm really nervous about meeting her? —VIRGINIA

It's not bad; it's understandable, just like many people going to their own reunions are nervous about whether they have more chins than they used to. There's a way to wallop this, though: Be honest with your fian-

Your boyfriend's techniques sound more like "going into an escape pod."

cé about your vulnerabilities, and make sure they're not about your relationship with him. Is there something specific in the way he's talked about her, or the times they had, that makes you feel you don't measure up? If it's just normal "Will she be hotter than I am?" jitters, you'll get through them — just like every other reunion attendee with a tote bag and a hangover to show for it.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



WeekendPass makes the weekend perform.

Every Thursday in Express.



A publication of The Washington Post



NEW
IN HEALTH
**warm
ups**

Ball and Train

↑ MOST CHALLENGES ON “The Amazing Race” are better suited for a giggle than an attempt. But Rhythmball (\$30, rhythmball.com), a variation of the ancient art of Tai Chi using a latex paddle and a sand-filled ball, wasn't just a way for contestants to get their next clue. It's also China's hottest fitness fad. The included DVD explains (via an amusingly dubbed instructor) how to swing the racket so the ball sticks no matter how you twirl it, and how to throw and catch while spinning around. It's not heart-pumping cardio, but enough practice and you'll be burning calories and gaining grace.



Chicken Littles as Healthy Vittles

↑ JUST BECAUSE THEY'RE MINI doesn't mean chicken nuggets are good for you. Pop just five of the Tyson's brand of those breaded delights and you're downing 280 calories and 18 grams of fat. But Pilgrim's Pride EatWellStayHealthy brand has revamped the addictive protein bites by baking instead of frying them. A serving of four nuggets has only 120 calories and 2 grams of fat, the ideal size for a yummy after-school snack. Also available: American Heart Association-approved popcorn chicken!

Ears of Warm

→ ONLY SECRET AGENTS usually get gadgets as awesome as the ExoLite Heat Ear Warmers from 180s (\$25, rei.com). Just like earlier products in the line, the lightweight set folds up to the size of a Razr (slip it into a pocket without fearing unsightly bulges) and the wicking fabric on the coverings fights off cold, wind and sweat. But these are the warmest yet, with three layers that make sure ears are toasty at all times.



Music to My Rear

← YOUR ITUNES may be great for grooving, but they can fall flat when you're trying to find the inspiration to do another minute of jumping jacks. “The Biggest Loser” (\$19, Epic) has 50 minutes of music meant to accompany listeners through a warm-up, workout, conditioning session and cooldown; the liner notes helpfully offer a program of exercises designed by trainer Bob Harper. But musical taste is personal, and while some may get pumped up by Jessica Simpson's rendition of “You Spin Me Round (Like a Record),” we were not.

PRODUCTS

GuineaPig



Breathe Easier And Prettier

MANY FRAGRANT SPA treatments are verboten for those who sneeze in the presence of perfume. This allergy sufferer was thus intrigued by the Sports Club/LA Splash spa's new Breathe treatments, which purport to ease the inhalations of both the cold and allergy-afflicted. We tried the Breathe Easy Aromatherapy Body Booster (\$180, 80 minutes, 1170 22nd St. NW; 202-974-6600), which includes exfoliation, a wrap and a massage. The Breathe products — aloe and essential oils of eucalyptus, cedar and spruce — are mild and did not spark sneezing. Truly soothing was the attention given to the sinuses, which could not be more congested had I snorted epoxy. Therapist Joanna put cold stones on my forehead and cheeks, massaged my face and even tugged on clumps of hair, which was strangely soothing. Did this TLC unclog my sinuses? No, but nor would dynamite. It did quell the dull ache that pervades my face during every waking hour.

HOLLY J. MORRIS (EXPRESS)

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| THE EXPERTS

TrainReaction

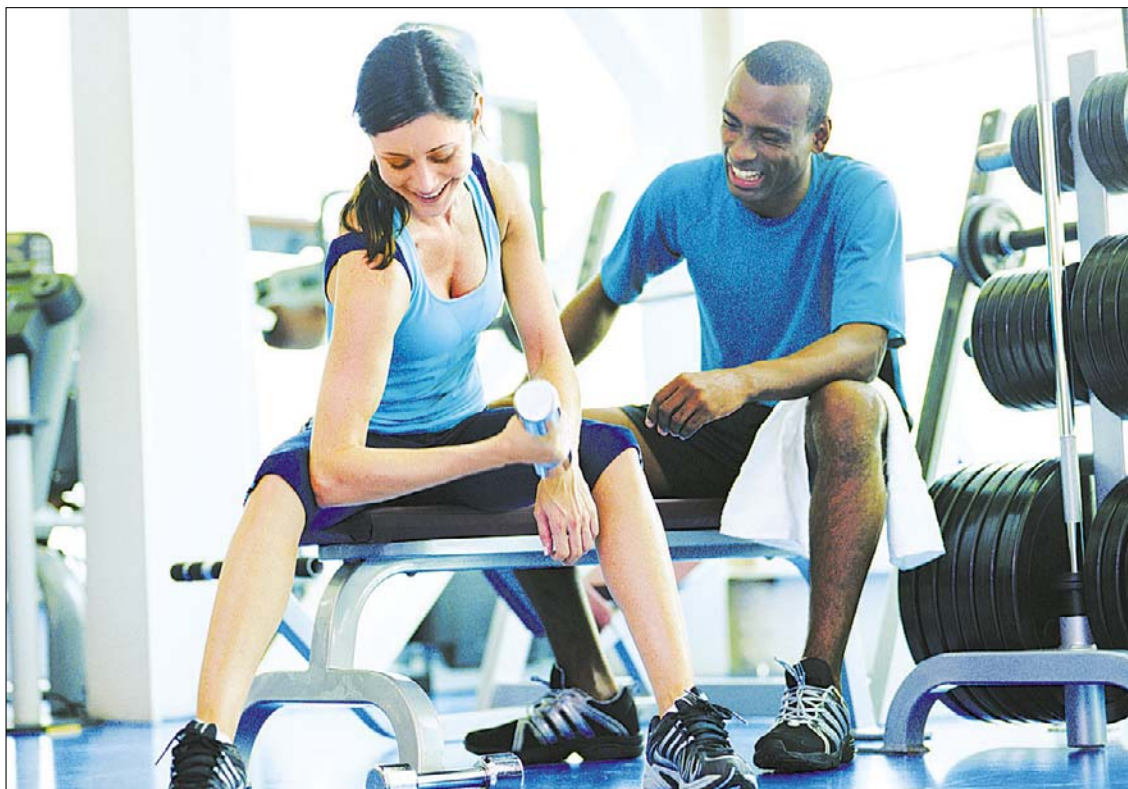
Weight Up!

Q I'm starting an exercise program that involves two days per week of weight training and three days of cardiovascular activity. It's been five months since I've exercised consistently. I know what to do on cardio days, but can you tell me how I should plan my weight training days?

Congrats on starting your new program! Be sure to space your weight training at least 48 hours apart to give your muscles enough recovery time. A Tuesday/Thursday routine is a good solution. Unless you're a bodybuilder, there's no need to split up your muscle groups over different days. An upper-body-on Tuesday, lower-body-on-Thursday program lacks the volume per muscle group needed for the best results.

For most people, it's better to work each body part twice per week during full-body workouts. When starting out, work from top to bottom. Choose two exercises each for abs, chest, back, shoulders and legs. Do one exercise each for your biceps and triceps. Always perform more exercises for the multi-joint muscles; they require more sets for fatigue. Two sets of twelve repetitions for each exercise is a great way to acclimate yourself to a new training program.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of **Functional Revolution Fitness** (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.



Personal Spaces

Trainers can work magic even in small studios

Perhaps the least likely place to find someone exercising is upstairs from a Papa John's and through the entrance of a bartending school. And yet, that's where Rachel Weller was last Friday, huffing through a series of walking lunges combined with a shoulder press while strapped into a weighted vest.

"We're working on your posture," hollered her trainer, Angel Stone, who tones her clients out of Edge Health and Fitness, a wee room in Arlington stuffed with just a few pieces of cardio and weight equipment. Although it may not boast the square footage of a vast

health club, it's all Stone needs to make anyone's muscles ready to collapse. She can do that just fine with a Bosu, a medicine ball and a few other props, thanks to functional training, the uber-popular form of exercise that relies mostly on an individual's body weight.

To Earl Williams, the most critical thing in Definitions, his personal-training studio in Georgetown, is an open area. "A lot of trainers don't need the machines anyway. They're using mats and tubing and Swiss balls. So with space, they can create whatever they want," explained Williams, who can also hook clients up with yoga, Pilates, ballet instruction, boxing or martial arts.

It's this evolution away from the traditional weight room circuit that has made personal training in a boutique setting a viable option, rather than buying a package of sessions from a corporate mega-gym.

The compact studios also offer an intimacy hard to find at a fitness behemoth. "You're not in the fishbowl of a big gym when you're here," offered Jolm Adams, owner of Simply Fit, a personal-training studio in Shaw that virtually never has more than eight people in it at any one time. Williams said a large number of his clients have never even been inside a gym because the environment is too intimidating. "They feel they need to be in shape before

they get there. Here, we hold their hands the whole way," he said.

Because all they do is one-on-one workouts, trainers at studios can often think more about their clients between workouts. "I call them out of the blue and ask, 'Did you have some protein in your lunch?' That lets them know I want them to suc-

TRAINING STUDIOS

- **Angel Stone** (2440 Wilson Blvd., Arlington; 703-717-3132; theangelstone.com)
- **Definitions** (1070 Thomas Jefferson St. NW; 202-298-7550; definitions-dc.com)
- **Simply Fit** (1539 7th St. NW; 202-667-6759; simplyfitdc.com)

ceed as much as they do," Stone said. "It makes them work hard whether they're with me or not."

Of course, that kind of service costs money. Studio rates are similar to what local gyms charge (usually \$65 to \$85 per session), which adds up fast for clients who frequent their trainers. At Simply Fit, Adams insists people come in at least twice a week. "You're not going to see results if you just do it one day a week," he said. But they're welcome to drop by for cardio whenever they want without paying a monthly membership fee.

Weller, a 34-year-old new mom whom Stone has whittled down to pre-pregnancy size in a little over a month, said she doesn't need a gym. She runs outside for cardio, diligently does her homework (Stone assigns moves to do between sessions), then lets Stone tire her out with new exercises. "As soon as something gets easy, we don't do it anymore," Weller said. And even with just a tiny room to work with, there's no question Stone can up the ante each week. VICKY HALLETT (EXPRESS)

running for congress

THE BEST OF | Politicians across the nation are sweating today over what the midterm election will mean for the future of the House and Senate. Here at Fit, we salute the members who sweat every other day of the year, too. Enjoy these words of wisdom from legislators who lunge.

"There's so much traffic when I run, I feel I'd better be aware of who's going to run me over next. It's like I have a target on my back saying, 'Hit the congressman.'" — **JACK KINGSTON (R-GA)**

"It's hard to have livestock out here, but I've gotten out in the yard and

practiced roping on a dummy." — **JOEL HEFLEY (R-CO)**

"I love [climbing stairs] to the 10th floor. You can feel the cholesterol popping out." — **KAY BAILEY HUTCHISON (R-TX)**

"I do baby aerobics now. I lift my twins over my head. They're more funny than weights because they laugh at me." — **BRIAN BAIRD (D-WA)**

"I start working out and then all I want to do is drink water. I want fruit, not pastries."

JIM MORAN
(D-VA)

"I give myself a five-pound window and when I'm on the high side, I put myself on the 'Don't-Eat-Anything-You-Actually-Enjoy Diet.'" — **ADAM SCHIFF (D-CA)**

"Occasionally, I'll organize a policy run with people with expertise in a particular area. They can last three hours and we'll talk about water or energy."

— **EARL BLUMENAUER (D-OR)**

Phys Ed | fit



Beauford, far left, teaches the class his "trick," a move that ends with him pretending to smack himself in the eye with his knee.

Krump in the Night

Learn the dance form that's all the rage in L.A.

Clown around in front of most dance teachers and expect a stern reprimand to snap back into proper first position. But Gary Beauford encourages jokey steps, funny faces and disregard for his choreography. He is, after all, teaching a dance form that originated with a clown in Los Angeles.

Work it Out

WHAT IT IS: While krumping evolved from "clowning," taught by entertainer Tommy the Clown to legions of at-risk kids, it's less silly than its progenitor. As documented in the 2005 film "Rize," krump borrows elements from a range of other styles (jazz, stripper, Jamaican dancehall) and is performed so quickly that it can look like dancers are stuck in fast-forward.

HOW IT'S TAUGHT: Each krumper must eventually select an individual identity and then string together steps that evoke that idea. For example, Beauford is a "stylistic monster." But until students get to that advanced phase, they can memorize Beauford's short combinations of steps that can be worked into any

routine. Copying his every nuance, though, is a no-no. "In krumping, it's embarrassing if someone else looks like you," he explained. So while the class repeats the movements, he welcomes (and sometimes demands) improvisation.

MOVES: Powerful stomps ("You want the pavement to know you're there," Beauford exhorts) combine with sharp arm gestures and exaggerated facial expressions. Throw your fists up in the air and pretend to hit a wall. Grab your left elbow with your right hand and act like it's stuck. Swoop your back toward the ground like you're dodging a bullet in "The Matrix." "Think of yourself as a cartoon character," Beauford recommended. Cartoon characters aren't self-conscious about the way they look and, although krumping can be extraordinarily cool, it's not always pretty. "You can't be afraid of looking retarded," he said.

LINGO: The class is called krumping, but Beauford says no one who really does it refers to it that way. Instead, they'll encourage their buddies to join them as they get "buck" and

"amp." Someone's signature move is called a "trick."

WORKOUT: Once someone works up to full speed, it's unbelievably sweaty. Because posture tends to be droopy and slouched, it generally involves bent legs, so expect to feel it the most in your quads.

GARB: Athletic shoes are fine, but aim for dance sneakers (capezio.com carries them). Their thick soles are designed for going en pointe, which helps with Beauford's favorite move, "the salute." That involves striking a pose while balancing on the tips of your toes.

CROWD: Teens such as 17-year-old Rachel Simon make up the bulk of the class. "It's a lot more expressive than other forms of dance," she said. "There's much more room to do your own thing." But Beauford has seen a wide range, from little children to middle-aged dads. And all of them got buck. V.H.

DC Dance Collective (4908 Wisconsin Ave. NW; 202-362-7244; dcdancecollective.com). Class offered Saturdays at 5 p.m. and Sundays at 1 p.m. Students must pay a one-time \$15 registration fee. A single one-hour class is \$15.

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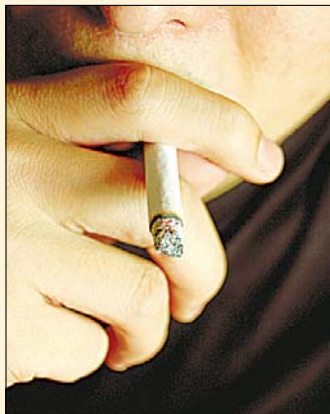


| STUDIES

Stethoscope

Babes in Methland

■ Pregnant women shouldn't smoke or drink ... and now they aren't even supposed to use crystal meth. Babies in utero feel the effects of mama's meth habit, according to a study published in the Archives of Disease in Childhood, and those exposed to methamphetamines have a high risk of developmental problems. So just don't smoke crystal when you're pregnant. OK?



Smoke Screen

■ You know those anti-smoking ads that tobacco companies put on TV? Apparently, they may encourage children to smoke. According to a study published in the American Journal of Public Health, high school students who saw the ads displayed a stronger affinity to smoke in the future and fewer associations of smoking with health risks. Many of these students have already experimented with cigarettes. Young children appeared unaffected by the ads.

Makes 'Em, Saves 'Em

■ Viagra — it's not just for Hugh Hefner anymore. Researchers at the Royal Children's Hospital in Melbourne, Australia, gave Viagra to babies with congenital heart disease who were being gradually removed from the ICU therapy of nitrous oxide inhalation. Many infants develop a deadly complication while being weaned from the laughing gas, called rebound pulmonary hypertension. Babies that were given Viagra avoided this condition, and spent less time in the ICU to boot.

Don't Be a Pill to Docs

If you don't drive your physician crazy, you'll both feel a lot better

You're sitting in a gloomy exam room, wearing a paper robe, reading a magazine so old that the cover story is J. Lo and Ben Affleck's planned wedding, and fuming because the doctor is running absurdly late.

But wait a sec. Have you stopped to think about life on the other side of the stethoscope? Listening to cranky, half-naked and probably contagious people grouse about their ailments is not a formula for daily bliss. Read on to hear their biggest peeves and how to avoid them. If you stay on your doc's good side, you may even get a lollipop.

Know Your Meds

"The surest way to make doctors cringe is to tell them you take 'a little white pill,'" said Joe Mele, M.D., an internist with Cornell Internal Medicine Associates in New York City. Be specific. Some meds can make anesthesia hazardous. Others can interact in a way that renders one of them ineffective or even life threatening. Both aspirin and ginkgo biloba, for example, thin the blood, and your doc will want to know you're taking them before she performs any surgery.

→ **DOCTOR'S ORDERS:** Write down the names and dosages of your drugs (including over-the-counter meds, supplements and medicated creams). And tell the doc if you have any drug allergies.

Be Honest

Doctors can't treat you effectively if they don't have full informa-



GETTY IMAGES

tion. "Something you withhold can have serious implications," said Susan Richman, M.D., a professor of obstetrics and gynecology at Yale School of Medicine. Here's an (admittedly extreme) example: A pregnant woman was too embarrassed to tell her gynecologist, a colleague of Richman's, that she had genital herpes, so the doctor didn't prescribe a medication to prevent a flare-up. During

delivery, the woman had a herpes outbreak that caused a brain and spinal cord infection in the baby, who was disabled for life.

→ **DOCTOR'S ORDERS:** Be candid about infections, smoking, drinking, drugs and psychological and sexual history, even if it seems embarrassing.

Don't Play Doctor

"People will come in and tell me, 'My uterus hurts,'" said Susan Ward,

a Milwaukee nurse practitioner. "I say, 'How do you know? It could be an ovary. It could be GI-related. It could be bladder-related. Unless you've developed your own brand of X-ray vision, you can't know.'" And sometimes the treatment you're sure you need is not the right one for you.

→ **DOCTOR'S ORDERS:** Read up on the

Unless you've developed a form of X-ray vision, don't self-diagnose.

treatments for your condition, then listen to your doctor's opinion and ask questions. If you don't like what you're hearing, don't harass the doc: Get a second opinion.

Expect Delays

You have a meeting across town, your doctor's still nowhere in sight. But consider that a bus doc sees a couple dozen patients a day. "You can't walk away from someone who's in pain or in need: 'Stop bleeding; I'll be right back,'" Richman said. "Whatever it is [that's slowing things down], you should probably be grateful it's not you."

→ **DOCTOR'S ORDERS:** Book the first appointment of the day, or if that's not possible, call half an hour before your appointment to find out whether the doctor is on schedule. Then be on time yourself — and if it's your first appointment, arrive 15 minutes early to fill out paperwork. Bring work or a book just in case.

Be Fresh — Smelling

If you have a 5 p.m. appointment with the podiatrist and you've been on your feet all day, give them a scrub before you trot over. "There have been days when I was very glad I had a sinus infection," Ward said.

→ **DOCTOR'S ORDERS:** 'Nuff said.

(REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE ©RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have a stiff-legged walk?

What about bad, hunched posture? Do you suffer muscle spasms when startled, touched or upset? Do you often fall and hurt yourself? You might have **STIFF PERSON SYNDROME**, a rare neurological problem that's often misdiagnosed as Parkinson's disease, anxiety or other conditions. The exact cause is unknown, but it probably results from a misbehaving autoimmune response (that's when the body attacks itself). It's tough being a Stiff Person — some cannot walk or move, and others live in fear of falls and spasms that plague them when they're startled.

SOURCE: NATIONAL INSTITUTE OF NEUROLOGICAL DISORDERS AND STROKE. NOT A SUBSTITUTE FOR MEDICAL CARE.

| THE EXPERT'S

ChewOnThis

Unsalted Diet

Q My doctor says I should cut down on the sodium in my diet. But how can I tell how much sodium is in foods?

Tricky sources of sodium include processed or already prepared foods such as soups and salad dressings, packaged cookies and crackers, frozen dinners, bouillon cubes, and bottled sauces and condiments — some of which do not taste salty at all. Smoked meats, deli meats and cheeses often are higher in sodium, as well.

Since sodium must be listed in the Nutrition Facts panel of

Amount Per Serving	
Calories 26 Calories from Fat 18	
% Daily Value	
Total Fat 1.5 g	3%
Saturated Fat 1 g	5%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10 g	3%
Dietary Fiber 9g	36%
Sugars 0g	
Protein 2g	

products, your best bet is to read the label. Look for products that are lower in sodium, which means they contain less than 140 mg per serving. Here's another easy way to track sodium intake: Carry the paperback version of "Complete Food Counter, 2nd Edition" by Annette Natow.

While we only really need 500 mg of sodium per day, most Americans consume somewhere between 4,000 to 5,000 mg. Choose foods like fresh fruits and vegetables, unsalted nuts and low-fat milk and yogurt, which contain little or no sodium. And find ways to cook with less salt — use fresh herbs and spices for flavor, or opt for a salt substitute such as Mrs. Dash.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com



FRIED AND TRUE: Eric Schlosser spread his message with a children's book last summer, and now he's after the silver screen.

Fast and Furious

'Fast Food Nation' author takes to the cinema

Those golden arches may keep on luring in diners by the billions, but Big Mac addicts can't pretend they don't know what's in their beef anymore, thanks to Eric Schlosser. With director Richard Linklater, the muckraker has turned his 2001 best-seller, "Fast Food Nation," into a fictional film following the lives of folks whose connection is a greasy chain called Mickey's. Schlosser talked to Express' Vicky Hallett about the movie, which opens Nov. 17.

How come there aren't any fat people in the movie?

There's one moment in the Mickey's lot when [an obese person] looks at their food and throws it out, but

none of the main characters are fat. This is a very different movie from "Super Size Me," which was about the impact of the food when you eat it. This is about everything that leads up to when you go to the counter to buy it.

How will people react to the slaughterhouse scenes?

Will everyone go vegetarian? I eat beef and I've been in slaughterhouses. If you're going to eat beef, it has to be bloody. Until recently, you had to go to a butcher where the meat was in identifiable shapes that connected to what the animal was. Now we see chicken as a nugget. We have to confront the reality of our food system. I think

the shot that's more telling is the aerial view of the feed lot. You see all of those dots and then realize they're cattle. I wouldn't want to eat that meat.

Now that we've had the E. coli outbreak in spinach, what can we eat?

The bad news is that nothing is safe. The E. coli outbreak showed how the industrial nature of our food production has potential for great outbreaks. It's similar to the centralization of meat packing. It used to be if there were contaminated meat products from one butcher, a few people in the neighborhood would get sick. Now it's people in 22 states. So there was s*** in the meat and now there's s*** in the spinach.

How can you eat, knowing that?

I eat all kinds of things. I'm not pure in any way. I don't eat fast food because I don't want to give those companies any money. But I try to support people who do food the right way. I get meat with no hormones, no antibiotics and free range. This has made me a big supporter of sustainable, local agriculture. I had a great big plate of french fries yesterday in New York and they were great — peeled and cut from potatoes right there and fried up. If I did that twice a day, every day, I'd have some problems, but I do it just once in a while.

Chipotle always brags about its naturally raised pork. Is that legit?

I don't know much about Chipotle, but I do know more about Niman Farms, which is where they get their pork, and I think they're doing good things. No chains are perfect, but some are trying.

What do you think of Wal-Mart getting into organics?

The notion of organic is going mainstream, and that's good. But it's also pushing organics into industrialization. I care a great deal about whether pesticides and herbicides have been used, but there are other things I care about, too. The organic label doesn't tell you about anything other than the soil. I'll buy local produce, like an apple from an orchard, that's not organic over something organic and industrial.

The movie ends on a truly depressing note. Is there anything that can be done to fix the system?

If it had ended with the meat packing plant union going on strike or the executive becoming a whistle blower, that would have been a lie. But it doesn't mean it won't be true five years from now. We're opening people's eyes that you have to educate yourself about food.

Pumpkin Pie, Hold the Crust

■ Pumpkin Pudding, serves 8

INGREDIENTS: 14-oz. can pumpkin puree; 1/2 cup light brown sugar; 1/4 teaspoon nutmeg; 3/4 teaspoon cinnamon; 1/4 teaspoon ginger; 1/4 teaspoon ground cloves; 1 cup whole milk; 3 eggs.

MAKING IT: Preheat oven to 425 F. Bring a large teapot of water to a boil. In a medium bowl, whisk together the pumpkin puree, brown sugar, nutmeg, cinnamon, ginger and cloves. Set aside. In a small bowl, whisk together the milk and eggs, then add them to the pumpkin mixture and whisk until smooth. Arrange eight ramekins in a shallow baking dish (about two inches deep) or lasagna



pan. Spoon or ladle the pumpkin mixture into the ramekins. Place the baking pan in the oven. With the oven open, carefully pour the hot water into the baking pan until it reaches halfway up the ramekins. Push the baking pan to the center of the oven and bake 20 minutes. Reduce heat to 350 F and bake another 30 to 35 minutes, or until pumpkin is set. Carefully remove the baking pan from the oven and remove ramekins. Serve warm or cool. (AP)

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